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Model Liisa Winkler takes a break on the *Attic chic* set (page 172) with her kids

Peter Pilotto, right, and Christopher de Vos are a London Fashion Week highlight (page 88) BELOW: Tina Brown with Meryl Streep (page 126)

SMART THINKING

Watch out, world. This month sees Tina Brown bring her Women in the World summit to the UK, where, as she tells Liz Hoggard on page 126, she presents her redoubtable feminist speakers on stage 'like rock stars'. Love it. By her own admission, Brown was no 'big crusading feminist'; however, she got 'hooked and moved' by stories of inequality and the women who spoke out and fought back. Trust Brown (like most female journalists I know, I'm a superfan) to come up with the perfect phrase to describe the visceral engagement that as professional storytellers we hope to achieve.

Elsewhere in the issue I hope you'll be hooked and moved by the story of 7/7 survivor Sajda Mughal (*Fighting extremism – one mother at a time*; page 102), whose moral courage is simply humbling, or perhaps Simona Barbieri (another super-connector like Brown), who's harnessing her passion for people and parties to help women achieve their dreams (page 139).

This is back-to-school month and whether or not you're packing kids off to college/figuring out what trainers might be deemed both socially acceptable and classroom-appropriate for an eight-year-old (do let me know)/ continuing in education yourself… there's that palpable feeling of possibility in the air. That's why we've put together an inspirational package of career tips, advice and fascinating case studies – all part of our Smart Women Week (September 21st-25th), our own festival of ideas, mentoring masterclasses and broadcasts (plus some mindful meditation) to spur you on to new ideas and opportunities. Think of it as your empowerment toolkit.

We also meet the dynamic powerhouses who have transformed the fortunes of London Fashion Week (page 88); *Red*'s Cathy Levy quizzes our favourite healthy chefs on delicious packed lunches now we're back into the routine (page 259); and the brilliantly witty and wonderful novelist Sarra Manning comes on board as *Red*'s new literary editor (page 165). Enjoy.

Sarah Bailey

Editor-in-chief SARAH BAILEY

THIS MONTH I HAVE BEEN:

READING *M Train* (out October 6th), Patti Smith's follow-up to *Just Kids*; **SWITCHING UP** my morning routine with Lancôme Miracle Cushion compact (transformatory); **PAINTING** the front of my house dark, dark grey; **SINGING** for peace with my choir on the International Day of Peace (September 21st; onedayonechoir.org); **TWEETING** @SarahRedMag

See page 150 for our packed week of events not to miss!

Red SMART women WEEK 2015

SEPTEMBER 21ST-25TH

Photographs Stephanie Sian Smith, Coliena Rentmeester, Amelia Troubridge, Splash News

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THIS MONTH'S COVER

Drew Barrymore photographed by The Kobal Collection. Recreate Drew's look using Teint Couture Balm in Nude Sand, Teint Couture Concealer in Dentelle Beige, Vinyl Collection Prisme Quatuor in Metallic Reflection, Noir Couture Mascara in Black Satin, Mister Eyebrow in Natural and Le Rouge-A-Porter Lipstick in Rose Perfecto, all Givenchy. Subscribe to *Red* to receive the limited-edition subscribers' covers, see page 67 for details.

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October 2015

Tracy Ann Oberman

Writes about her passion for stargazing on page 112

BEST THINGS IN LIFE?

● My daughter's laughter ● Getting more than six hours' sleep ● Curling up with my hubby at the cinema

TO ME, SMART MEANS...

Changing what you can – and accepting what you can't!

Dolly Alderton

Talks to-do lists on page 75

BEST THINGS IN LIFE?

● Hampstead Heath ● Champagne cocktails ● The Rolling Stones ● Spaghetti ● My mum ● Second-hand books

TO ME, SMART MEANS...

Someone who asks a lot of questions and listens. You have to be obsessive to be really smart – the smartest people I know are the ones who dig like bloodthirsty hounds for information.

Sarra Manning

Red's new literary editor picks her favourite autumn reads on page 165

BEST THINGS IN LIFE?

● The view of London from the top of Ally Pally ● Cuddles with my dog, Miss Betsy ● Angela Thirkell's Barsetshire novels ● The musty smell of old books ● Swimming

TO ME, SMART MEANS...

Diana Vreeland: from her style to her imagination, to me she's smart personified.

Coliena Rentmeester

Photographs our fashion story *Attic chic* on page 172

BEST THINGS IN LIFE?

● Holiday adventures ● Time with my family ● A daily run ● My husband's watermelon margaritas ● An unexpected but successful shopping spree

TO ME, SMART MEANS...

Having a good sense of humour.

Red

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If you have any news, views or issues you'd like to see covered, we'd love to hear from you

Caitlin Moran gave a beautiful account of how she finds happiness in the August issue

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Red love

In *The happiness manifesto* (August), we featured three writers on what finding true joy means to them. In particular, *Embracing the lows with the highs* by Caitlin Moran prompted many of you to write in. On Twitter, @Janeannie said, 'Today I had a coffee & a little cry at @caitlinmoran's brilliant piece on happiness in @RedMagDaily. Then I made my daughter read it.' Rebecca Green emailed, saying, 'I'm sitting in my local coffee house with tears in my eyes after reading *The happiness manifesto*. I've always loved Caitlin Moran's writing and I was reminded why as I read her beautifully crafted contribution to this piece. The past few years have been tough and, as I read this article, I realised I have spent much of this time criticising and blaming myself for things that have happened. I hadn't even noticed how much I was beating myself up. When I questioned whether I would treat another person, or a beloved pet, in the way I have come to treat myself, the answer was a resounding 'no'. Reading Caitlin's words was the reminder I needed, and her gentle humanity is genuinely moving. Thank you, *Red*, for this.'

I REALLY DO FEEL COMPELLED TO WRITE IN AFTER READING *THE PERFECT BLEND* (AUGUST). I am married to an Egyptian man, I am white British, and we have just had a daughter. With Eid upon us, which we will celebrate, and Christmas around the corner, which we will also celebrate, I am sure she, in time, will face difficulties creating an identity. This article proves you can embrace everything and be a well-rounded, happy individual. Thank you for a fabulous article and to Khadija for sharing her story. I will tear it out and put it in my daughter's memory box for her to read in years to come. *Charlotte Karara, via email*

@hughesy_dani @RedMagDaily August issue is so good! And I'm only on page 55. Love advice from @CandaceBushnell is just hilariously brilliant. Girl crush.

@Lucytweetz @RedMagDaily Candace Bushnell's article in this month's *Red* is on point! Wish I had read this 10 years ago!

@chalkie81 The @Fearnecotton interview in @RedMagDaily this month is funny, frank and real. Love her opinions on social media.

RED'S AWARDS

MARKS & SPENCER FOOD PORTRAITURE AWARD 2015 (Jonathan Gregson) Pink Lady Food Photographer of the Year Awards 2015 **JASMINE SOUNDBITE: MAGAZINES** (Annabel Meggeson) Jasmine Awards 2015 **BEST MONTHLY CONSUMER MAGAZINE JOURNALIST & JOURNALIST OF THE YEAR** (Annabel Meggeson) Johnson & Johnson Skincare Journalism Awards 2014 **BEST JOURNALISM: BEAUTY OR GROOMING** (Annabel Meggeson and Rosie Green) **& BEST LAYOUT: BEAUTY OR GROOMING** (Annabel Meggeson and Haley Austin) P&G Beauty & Grooming Awards 2013 **BEST DIGITAL FRAGRANCE EXPERIENCE** (Annabel Meggeson) The Jasmine Awards 2012 **BEST DESIGNED SITE** Online Media Awards 2012 **CONSUMER MAGAZINE OF THE YEAR** PPA Awards 2011

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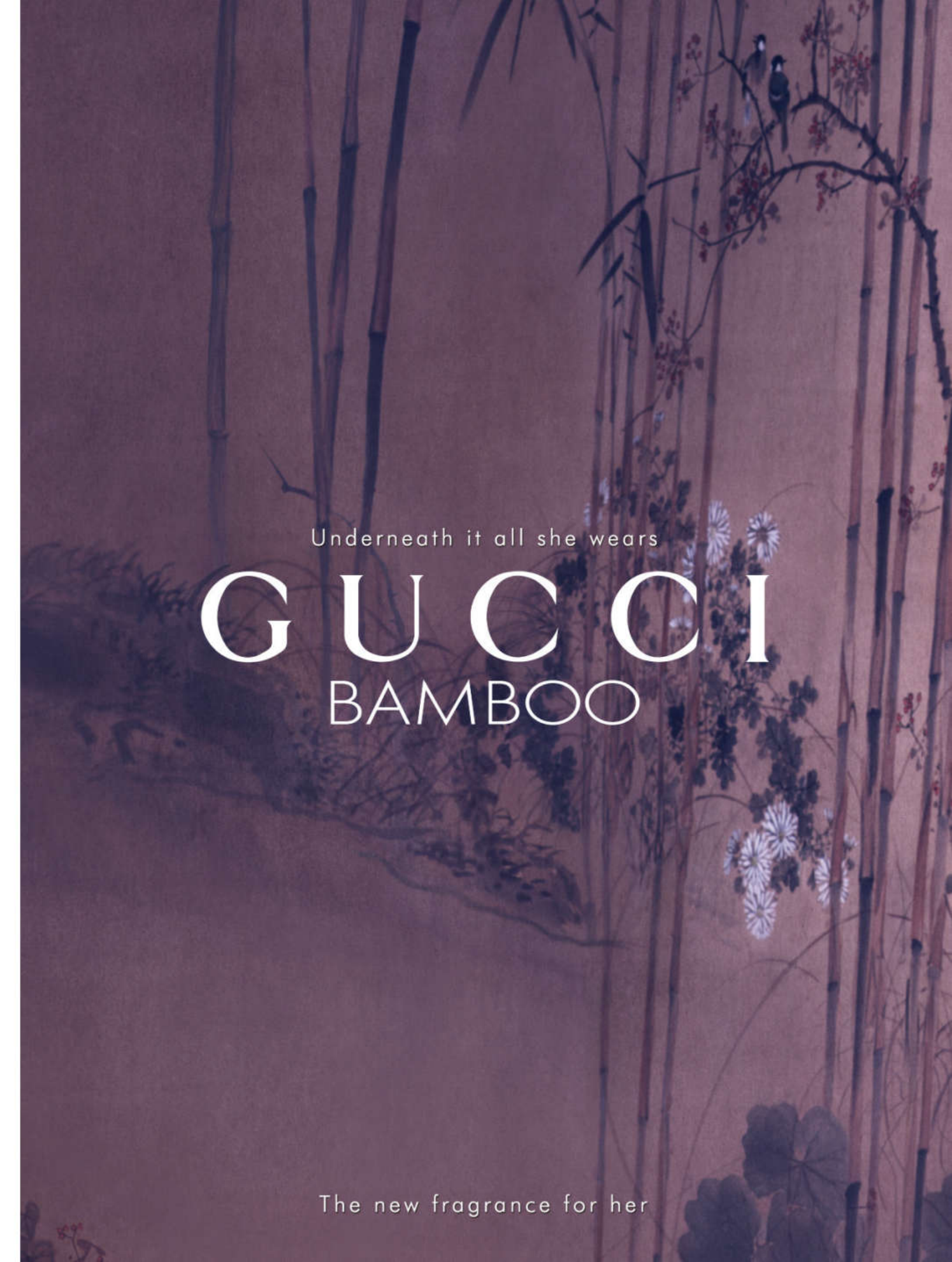
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Edited by ALEXANDRA LUNT

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A/W 15

THE TOP 40

A new season is the most exciting shopping time of the year. But it can be overwhelming – which is why you need our edit of the very best buys. You're welcome

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1

Editor's pick

If you buy just one thing this month make it a romantic blouse. It will upgrade denim and add newness to your work wardrobe

Cotton blouse, £720, Miu Miu at MyTheresa

2 **Acetate sunglasses**, £35, Le Specs at Net-A-Porter

3

New-season scent

Miu Miu Miu Miu EDP, £48 for 30ml at Harrods

4

Cotton-mix coat, £170, Comptoir des Cotonniers

5

Dream buy

Valentino's new flat has arrived – and shot straight to the top of our wish list

Leather shoes, £605, Valentino at Selfridges

6 **Gold-plated bronze earrings**, £79, Rebecca

7 **Silk shirt**, £250, Zeus + Dione

8 **Cotton trousers**, around £210, MSGM at Farfetch

9 **18ct gold earrings**, £355, Tiffany & Co

10

Must-read

We adore this beautifully illustrated biography of Coco Chanel's exceptional life

Coco Chanel (Life Portraits) by Zena Alkayat and Nina Cosford (Frances Lincoln, £12; out September 3rd)

11 **Essie** Nail Polish in Saltwater Happy, £8

12

Style tip

Order these shoes before midnight and you'll be wearing them the next day. Next's new 'Order by midnight' service runs Sunday to Friday and costs £3.99

Faux-suede shoes, £36, Next

13 **Lace dress**, £290, Sandro

14 **Leather bag**, £1,050, Chloé at Net-A-Porter »

THE NEW BASICS

ELEVATE EVERYDAY FAVOURITES WITH FLASHES OF PRIMARY COLOUR AND SPORTY ACCENTS

15 **Wool-mix coat**, £150, Banana Republic

16 **Acetate sunglasses**, £220, Karen Walker

17 *Handbag essential* **Lucas Papaw** Ointment, £4.95 at The PawpawShop

18 **Leather bag**, £335, Clare V at Net-A-Porter

Style tip Experiment with the new colour combo, camel + red

19 **Wool jumper**, £280, Bella Freud

20 **18ct gold and zirconia ear cuff**, £45, Yael Salomon

21 **Silicone, metal and plastic watch**, £105, Swatch

22 **Leather trainers**, £400, Valentino at Farfetch

Brand to watch LA brand Co brings us a line of luxurious essentials we *love* **Boucle tweed culottes**, £480, Co at Net-A-Porter

23 *News flash* Paul Smith's new leather collection, No.9, comes in 11 amazing colours, inspired by the facade of the designer's Mayfair shop at No.9 Albemarle Street, London **Leather pouch** (above), £350; **leather credit-card case**, £130, both No.9 Collection by Paul Smith

24 **Cotton-mix jumper**, £100, Lacoste

25

26 **Leather bag**, £1,130, Marni »

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28 **14ct gold necklace**, £87, Maria Black

27 **Leather clutch**, £390, Victoria Beckham

29 **Silk shirt**, £260, Totême at Net-A-Porter

30

Style tip
The new trouser silhouette is high-waisted and wide. Wear with a skinny heel to elongate your legs
Wool trousers, £380, Goat

31 **Wool dress**, £495, Mother of Pearl

SMART COLOUR

THIS SEASON'S TAILORING COMES IN A BOLD NEW PALETTE OF NAVY, OXBLOOD AND BOTTLE GREEN

32 **Satin and leather shoes**, £139, Boden

18ct gold, diamond, topaz and pearl ring, £578, Delfina Delettrez

33

34

35 **Editor's pick**
Wool coat, £499, Jaeger

36 **Leather bag**, £695, Sophie Hulme

Delfina's London
Delfina Delettrez (right) is one of the most influential designers in modern fine jewellery. 'It's not about stacking your rings any more, I prefer to give each ring its own spotlight.' *Visit the Delfina Delettrez boutique at 109 Mount Street, London; delfinadelettrez.it*

18ct gold, diamond, topaz and pearl ring, £578, Delfina Delettrez

37 **Wool skirt**, £69, Cos

Commuter cool
These walk-to-work trainers are just as stylish as the heels you slip on at the office
Leather trainers, £425, Jimmy Choo

ALAÏA PARIS

39 **New-season scent**
Azzedine Alaïa Alaïa Paris EDP, £85 for 100ml at Harrods

40

38 **Patent-leather shoes**, £360, Stuart Weitzman

For more new-season must-haves, visit REDONLINE.CO.UK

Compiled by Alexandra Lunt. Photographs NohalideDigital.com, Imaxtree. For stockist details, see the Directory

Shimmering feathers, bead set with cubic zirconia stones.
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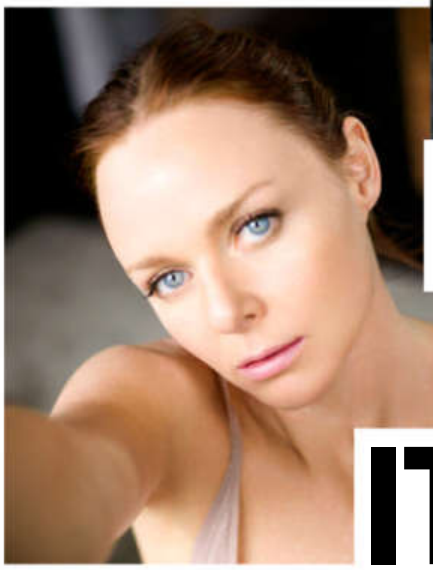

FROM FAR LEFT: Stella McCartney today; as a baby with parents Paul and Linda, 1973; and (centre) in 1976 with sisters Heather and Mary

FOR STELLA, IT'S PERSONAL

In memory of her late mother Linda, Stella McCartney's commitment to breast-cancer awareness sees her design a mastectomy bra that perfectly blends femininity and functionality

At first glance, it could be a lacy sports bra. And that's the beauty of it. It's something any woman would be happy to wear, but it is, in fact, a technical piece of clothing for women who've had a double mastectomy.

It's also been a labour of design love for Stella McCartney. The Louise Listening bra (right) is named after her beloved mother Linda (Louise was her middle name), who died of breast cancer in 1998. 'We wanted to bring something feminine and beautiful into a bra that is taboo,' says McCartney. 'There are so many different emotions attached to the tragic realities of a double mastectomy.

'We just wanted to make something that allows women undergoing this to have something to be proud of, with no shame attached. We wanted women to know that you can still have your sensuality, have all of the things that are attached to being a woman, and that part of your body can still feel beautiful on the outside, as well as inside.'

'It's a clever idea: that wearing something beautiful at this tough time in your life is one of those things that make a meaningful difference,' says Brigid Moss, *Red*'s health director. 'Because the design is coming from a place of Stella's personal experience combined with her modern aesthetic, it marks it out from the more surgical-looking options.'

All proceeds from sales of the Louise Listening will be donated to the Hello Beautiful Foundation to help fund its new London centre, supporting women with breast cancer, and their families. 'There's so little out there for women who've had a double mastectomy,' says Jane Hutchison, the foundation's founder, 'especially a bra that makes you feel so womanly at a time when you feel less of a woman. That is key. Stella McCartney's bra gives comfort physically and emotionally.'

A deeply personal project that will help women the world over, it's design that really makes a difference.

For more on the Hello Beautiful Foundation, and to donate, visit hellobeautiful.org

McCartney's Louise Listening bra (£85, exclusively at stellamccartney.com) brings beauty to something 'taboo'

Silk and elastane bra, £65; **silk and elastane briefs**, £35, both Stella McCartney

SUPPORT BREAST CANCER AWARENESS MONTH

A portion of sales of Stella McCartney's main-line Alina Playing range will be donated to the Linda McCartney Centre in Liverpool, the National Breast Cancer Foundation in the US and the National Breast Cancer Foundation in Australia.

For more ways to support Breast Cancer Awareness Month, visit REDONLINE.CO.UK

Words Oonagh Brennan. Photographs Mary McCartney, David Montgomery/Getty Images, Getty Images, NohalideDigital.com. For stockist details, see the Directory

PATRICIA ARQUETTE
VIEW THE VIDEO AT MARINARINALDI.COM

MARINA RINALDI
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WORK STYLE

THEY WEAR IT WELL

Style and confidence go hand in hand for these three inspiring career women. Here they put their creative stamp on Giorgio Armani's New Normal collection

Photographs
STEPHANIE SIAN SMITH
Words & styling
OONAGH BRENNAN

MOUCHETTE BELL
FREELANCE FASHION STYLIST

Mouchette Bell started her career as a model in New York, travelling the world working with iconic photographers like Peter Lindbergh and David Bailey. These days she's on the other side of the camera, working as a London-based fashion stylist for magazines such as *Red* and *Harper's Bazaar*.

'I'd love to be that woman with a polished work wardrobe,' says Bell. 'But my job allows me to wear what I like, so my style is the same whether I'm on or off duty.' That means, she continues, 'jeans, romantic blouses and tailored jackets. Accessories are my passion. Jewellery can elevate a simple outfit into something very special.

'Most days my look is based on comfort with a touch of whatever fashion fantasy is going on in my head. I always wear flats, and currently I'm coveting some classic riding boots – I've been dreaming about owning a pair for so long…' »

CV

CAREER BREAK: I wrote a letter to Anna Wintour saying I'd love to work for her. She set up an interview and we just clicked. An hour later I had a job.

BEST CAREER ADVICE: Anna Wintour said, 'Never be late, it's rude' – a rule I still live by.

Wool and cashmere jacket, £3,690; **cotton shirt**, £875; **wool trousers**, £720; **leather shoes**, £410, all Giorgio Armani New Normal. **Jewellery**, Mouchette's own

Wool jumper, £875; **silk- and wool-mix skirt**, £710, both Giorgio Armani New Normal. **Jewellery**, Anouska's own

CV

CAREER BREAK: Showing my work at the World Wide Women collective Ritual Exhibition last December at The Cob Gallery in Camden, London.

BEST CAREER ADVICE: My godmother, who is also a photographer, told me to always be adaptable and not to stick to one style. I'd add: try not to conform to be like other people; have the confidence to stand out.

ANOUSKA BECKWITH
FINE ART PHOTOGRAPHER

Moving to Paris three years ago to study photography was a defining moment in Anouska Beckwith's style evolution. 'Paris really inspired me to lose the grungy, rocky vibe of my teens and dress in a much more mature way,' she says. 'The women in the city have such an air of elegance, even if they're just in a simple pair of trousers and a T-shirt.

'As a photographer I'm free to dress in any way I choose. But I do feel I have a duty to make the people I photograph feel at ease, and so being comfortable myself is at the forefront of my mind. I'm often in my mother's old army pants, a black T-shirt and trainers.

'I love antique jewellery, anything with a history – particularly subtle pieces with semi-precious stones. I get inspired by looks in films, paintings or photographs. I'm also drawn to clothes that are beautifully made and feel like they're from another time. I like what I wear to tell a story.' »

The *Stephan boots & London tote*
Available at Kurtgeiger.com
KURT GEIGER

CV

CAREER BREAK:
I struggled to get a training contract in a city firm despite my 2:1 from Manchester University. I applied to 30 firms and finally got a break after a gruelling interview process.

BEST CAREER ADVICE:
Cherie Blair once told me that women can have it all – just not all at the same time.

Silk jacquard jacket, £1,745; **silk jacquard trousers**, £1,130; **satin shoes**, £545, all Giorgio Armani New Normal. **Acetate and metal sunglasses**, £212; **leather bag**, £1,230, both Giorgio Armani

JANVI PATEL
EXECUTIVE CHAIRWOMAN AND CO-FOUNDER OF HALEBURY LAW FIRM

Janvi Patel was fed up with the stifling atmosphere of an old-school law firm, so she set up her own, Halebury, championing flexible working for all employees.

No surprise, then, that when it comes to her style, she likes to wear things her own way.

'When I was a trainee I thought I had to dress like a man to fit in, so I bought a ton of suits and coloured shirts,' says Patel. That strategy was ditched when Halebury was born. 'My style has changed so much since starting my own business,' she adds. 'We're a relaxed company when it comes to office wear. I mix and match a lot of colour. I travel a lot between LA, where I now live, and London, where our head office is based. In LA, I'm either in workout clothes or summer dresses, so in London I like to indulge my smart side. I'm always running around so I'm in flats until I enter a meeting, and then the five-inch heels go on.'

For more workwear inspiration, head to REDONLINE.CO.UK

Hair and make-up Charlotte Gaskell at LHA Represents. For stockist details, see the Directory

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DAZZLING SHINE
Herbal Essences
IGNITE MY COLOUR

WEEKEND STYLE

OFF-DUTY UPGRADE

A shearling jacket, a denim boilersuit and a great new pair of studded ankle boots. Welcome to your weekend wardrobe

Leather wallet, £119, Comme des Garçons at Dover Street Market

Silk shirt, £120, French Connection

Leather and steel watch, £1,850, Hermès

Style note

Shearling is the key texture of the season – from flying jackets to maxi coats and sleek gilets, you'll be seeing it everywhere

Wool, shearling and leather jacket, £630, Sandro

Alexa Chung has A/W style covered

18ct gold-vermeil necklace, £129, Lucy Williams x Missoma

High-street buy

Comfort plus designer looks: we've found the perfect flats

Patent-leather shoes, £50, Office

Acetate sunglasses, £275, The Row at Net-A-Porter

Shearling jacket, £495, Jigsaw

Editor's tip

Personalise the labels on your favourite fragrance at the Le Labo boutique in London's Marylebone

Le Labo Discovery Set, £20

DREAM BUY

Leather bag, £750, Tory Burch

Leather boots, £825, Chloé at Net-A-Porter

Denim boilersuit, £295, MiH Jeans

For more off-duty dressing, visit REDONLINE.CO.UK

Compiled by Alexandra Lunt. Photographs: NohalideDigital.com, SplashNews.com, Imaxtree, Getty Images. For stockist details, see the Directory

Erdem, left, is known for his fabulous floral prints

Silk dress, £535, Erdem

DESTINATION SHOPPING

Erdem is celebrating 10 years of the iconic brand by opening its first store in London. You'll find us making a beeline for the gorgeous feminine florals the designer is famed for. Open this month, the boutique can be found at 70 South Audley Street, London.

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ACCESSORIES

ATTENTION TO DETAIL

Block heels, bucket bags and wish-list boots – these are the accessories you need to be seen with

Photographs LEO ACKER

HI-SHINE

NIGHT-TIME METALLICS AND GLITTER FOR DAY ADD A LUXE TWIST TO PARED-DOWN LOOKS

FROM LEFT: Leather bag, £1,795, Bally. **Patent-leather shoes**, £425, Christian Louboutin. **Leather bag**, £2,200, Dior »

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BRIGHT STUFF

DARING COLOUR COMBINATIONS, BOLD STRIPES AND QUIRKY DESIGNS – THESE PLAYFUL PIECES ADD INTEREST TO BASICS

Metal earrings, £225, Chloé at Matchesfashion.com

Leather shoes, £125, & Other Stories

Leather, stainless steel and Swarovski crystal watch, £249, Swarovski

Acetate sunglasses, £215, Erdem by Linda Farrow Gallery

Metal, resin and leather bangle, £290, Marni at Net-A-Porter

Style tip

Ankle boots sit higher up the leg than in past seasons – perfect with autumn/winter's new cropped trousers

Leather boots, £89, Topshop

Leather clutch, £425, Victoria Beckham

Leather phone case, £180, Stella McCartney at Farfetch

Leather shoes, £370, Robert Clergerie

Leather bag, £1,700, Fendi

Outfit transformers

Leather bag, £1,195, Anya Hindmarch

Leather clutch, £118, J Crew

Leather clutch, £45, Whistles

Exude modern cool with fringing, studs and statement hardware »

On the catwalk

THE NEW NEUTRALS

9-TO-5 CLASSICS ARE TRANSFORMED WITH FLASHES OF SUGARY PINK AND PASTEL BLUE

On the catwalk

Sterling silver and 14ct gold bracelet, £275, Pandora

Leather bag, £75, Uterqüe

Leather shoes, £450, Mulberry

Style tip
Carven's bucket bag is your new work shape
Leather bag, £385, Carven

18ct gold-plated, mother of pearl and ruby earrings, £165, Theodora Warre

Acetate glasses, £157, Michael Kors at David Clulow

Leather shoes, £395, Bally

Essie Nail Polish in Fiji, £7.99

Faux-leather bag, £35.99, Zara

Leather wallet, £245, Sophie Hulme

Leather and stainless steel watch, £395, Links of London

Leather bag, £1,140, Giorgio Armani

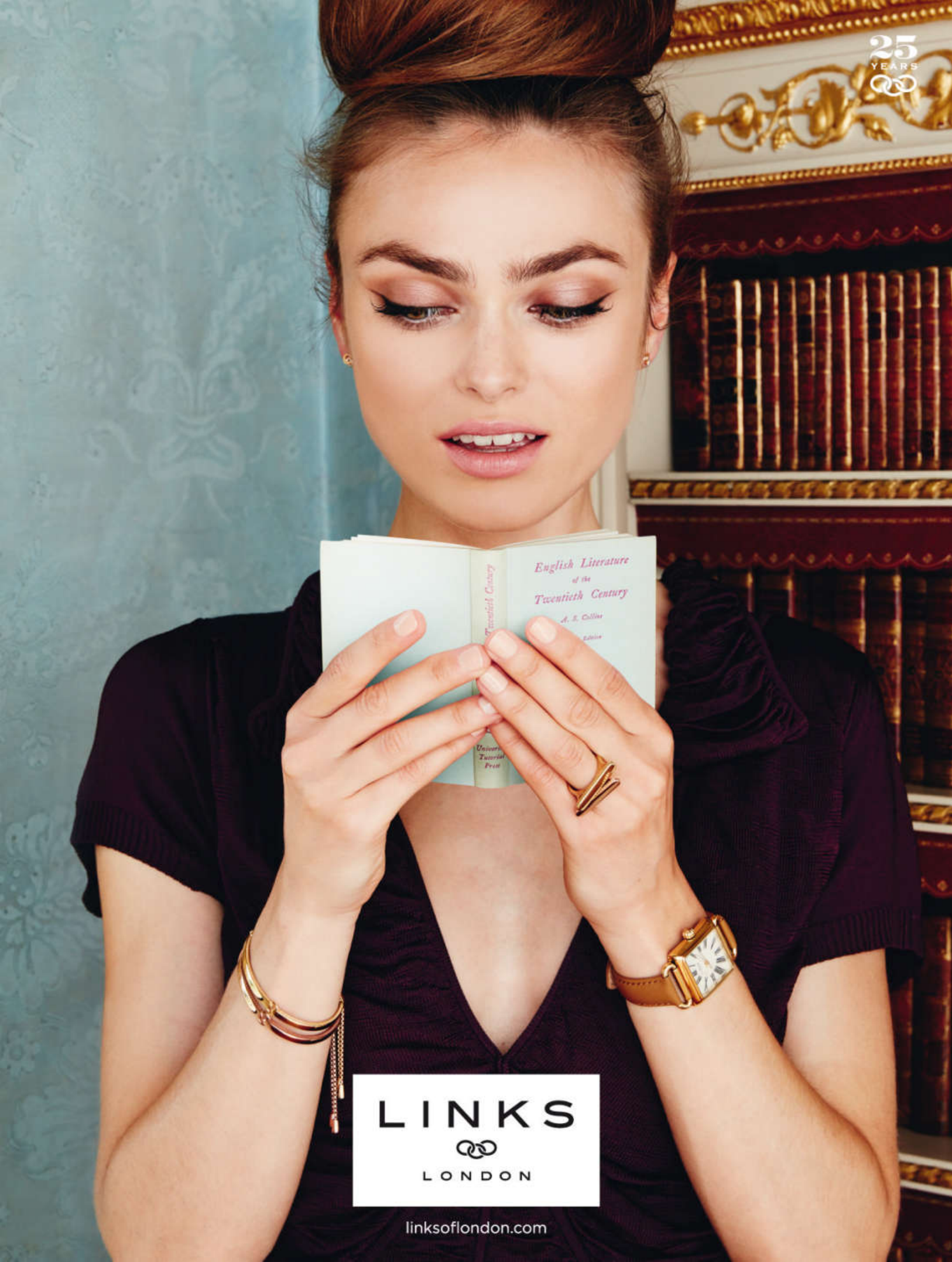
Leather bag, £375, Coach

Suede shoes, £465, Tod's

Give your wardrobe a ladylike polish with a pastel-coloured top-handle bag

For more of this season's must-have accessories, visit REDONLINE.CO.UK

Compiled by Alexandra Lunt. Additional photographs NohalideDigital.com, Imaxtree. For stockist details, see the Directory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ESSAY

NEW YORK NEW STYLE

When fashion PR Sara Byworth relocated from London to Manhattan, she found dressing for work a whole new ballgame

Classic colours and commutable heels set the tone for Sara's slick new working wardrobe

My desire to overhaul my wardrobe and stop dressing like a preppy schoolgirl started the moment I left London 18 months ago for a new job in New York. In an incredibly competitive city and in an industry where you're brutally judged on first impressions, I needed a wardrobe that said professional, polished businesswoman. There was no place in my suitcase for those girlie miniskirts and A-line shifts that had built the foundations of my London-fashion-PR look for the last 16 years. It was time to leave that girl behind and create a new, sophisticated signature work style for my role as brand director of Frame Denim.

Editing my wardrobe for the move was a ruthless affair. The only survivors were a Junya Watanabe crisp striped shirt (too formal for London but perfect in NYC) and my Christopher Kane pieces – they will always stand the test of time, whichever side of the pond I'm on.

My work style back home was fairly erratic: loafers and minis one day, flares and vintage tees the next. In New York, I've been swayed by the glossy Manhattanites to embrace a slick uniform that means business. For a start, my hemlines have dropped. I love the pleated midi skirts and culottes by Tome and Isa Arfen – they make me feel ladylike and authoritative. And I've rejected my flats for heels – high enough to make me feel 'done' but wearable enough to dash from Soho to Uptown. (Thank you, Tabitha Simmons.) My trousers are high-waisted and tailored, from Whistles, J Crew or Haider Ackermann, and I've invested in a black trench by Alessandra Rich. I've also fallen out of love with print. Fashion moves so fast and patterns can date quickly, so now I opt for 'timeless' rather than 'on trend', incorporating cream, black, navy and grey with pops of colour.

My earring collection is steadily growing, too. Women here love statement jewellery for work; Londoners are more low-key. I've treated myself to some hammered gold Hervé Van der Straeten pieces and Dior's tribal earrings in blue. I love the finish they give to a look.

Now that my style has grown up, there's just one thing left to 'fix' – my British teeth. I suspect that will take a little more time.

For more on how to dress like a New Yorker, visit REDONLINE.CO.UK

SARA'S 9-TO-5 NY FAVOURITES

For stockist details, see the Directory

SWAROVSKI.COM

All prices are non-binding RRP's including VAT. Prices are subject to change from time to time without prior notice. Please check with the participating boutique on the time of purchase. Miranda wears items priced from £49 to £219

Collection from £49

SWAROVSKI

Red SMART women WEEK 2015

COME SMART SHOPPING WITH *RED*

We're taking over the windows at Fenwick of Bond Street for London Fashion Week and celebrating with a night of best-buy hunting. Join us for your new-season wardrobe fix

Fenwick of Bond Street is Team *Red*'s go-to shopping destination. (Handily, it's five minutes from our office.) The store offers a perfectly judged edit of British and international designer fashion, beauty and accessories. The wide range of brands covers contemporary to classic, with a brilliant smattering of up-and-coming labels to watch. Which is why we're heading straight there during Smart Women Week (September 21st-25th), kicking off with an unveiling of our carefully curated windows at the start of London Fashion Week, featuring our favourite pieces in the store and more.

Celebrate with us over an evening of shopping insights and expert styling tips from the *Red* fashion team – including a Smart Edit trends talk from fashion and creative director Nicola Rose, and her pick of Fenwick of Bond Street's best buys. There'll be an exclusive 20% discount available across the store*, plus champagne reception and goody bag for every guest.

See you in the changing rooms.

DATE: SEPTEMBER 22ND
TIME: 6PM-8PM VENUE: FENWICK OF BOND STREET, 63 NEW BOND STREET LONDON W1 PRICE: £10, INCLUDING COMPLIMENTARY DRINKS & CANAPES

Fenwick OF BOND STREET

Wool-mix coat, £720; **wool jumper**, £360; **wool trousers**, £340, all Carven

SEE PAGE 150 FOR OUR SMART WOMEN WEEK HIGHLIGHTS, AND VISIT REDONLINE.CO.UK/SMARTWOMENWEEK FOR THE FULL SCHEDULE

Wool-mix coat, £775, Cédric Charlier

Leather bag, £575, Sophie Hulme

Viscose dress, £249, Baum Und Pferdgarten

All at Fenwick of Bond Street

*Some concession exclusions may apply in store on the night

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FASHION NEWS

HAPPY 10TH BIRTHDAY, ROKSANDA

Queen of colour Roksanda Ilincic (above) knows how to celebrate her decade of design; delving into her archive, she's chosen 10 of her most iconic dresses and redesigned them in new fabrics and colour combinations. 'I wanted to do something special,' she says. 'It felt fitting to revive some favourite dresses from past collections and breathe new life into them.' Available exclusively at Harvey Nichols, the collection hits the shop floor from September 3rd.

FROM LEFT: Double wool crepe dress, £995; **silk dress**, £950; **double wool crepe dress**, £1,495, all Roksanda

WE LOVE...

Red favourite Marina Rinaldi has launched Persona, aimed at a younger woman and with more affordable prices. Think classic coats, slick tailoring and contemporary evening pieces to transform your wardrobe.

Wool- and mohair-mix coat, £316; **cotton-mix blouse**, £91, both Persona by Marina Rinaldi

THE SHOW NOT TO MISS

Louis Vuitton has chosen London as the destination for its #LVSeries3 exhibition. An exciting fashion and digital experience, the exhibition showcases the past, present and future of the iconic brand. The third in a series of shows that's taken in Tokyo, Shanghai, LA, Seoul and Rome, it invites visitors to explore the brand's entire creative process. It opens just after London Fashion Week, September 21st to October 18th, daily from 10am to 8pm at 180 Strand, London, WC2. *For tickets go to louisvuitton.co.uk or download the 'LV pass' app*

Viscose top, £1,061, Louis Vuitton

Leather bag, £1,500, Louis Vuitton

KITSCH TRINKETS

There's a new playful mood emerging in the jewellery world with designers from Lanvin to Saint Laurent giving us unique, quirky pieces to make us smile.

Leather bag, £335, Mua Mua at Browns

Leather bag, £225, Mua Mua at Browns

Metal brooch, £125, Saint Laurent at Matchesfashion.com

18ct rose gold-plated earrings, £190, Aamaya by Priyanka at Matches fashion.com

Metal and crystal necklace, £1,120, Lanvin at Matches fashion.com

Words Laura Ingham and Oonagh Brennan. Photographs Imaxtree. For stockist details, see the Directory

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CLARINS

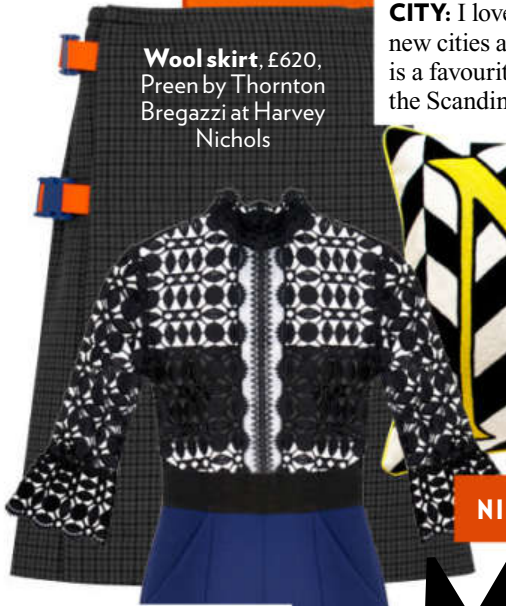
Wallpaper* City Guide Copenhagen (Phaidon, £6.95)

CITY: I love exploring new cities and Copenhagen is a favourite. I'm drawn to the Scandinavian aesthetic.

18ct gold and yellow sapphire earrings, £410 each, Robinson Pelham

MUST-SEE: I'm really excited to catch up with the Jeff Koons retrospective (above) that's currently on a global tour – it's at the Guggenheim Bilbao until September 27th (guggenheim-bilbao.es). His textures and images really inspire me.

Lace bra, £50, Stella McCartney at Net-A-Porter



Wool skirt, £620, Preen by Thornton Bregazzi at Harvey Nichols

Wool crewelwork cushion, £105, The Rug Company

NICOLA ROSE

MY FAVOURITE THINGS

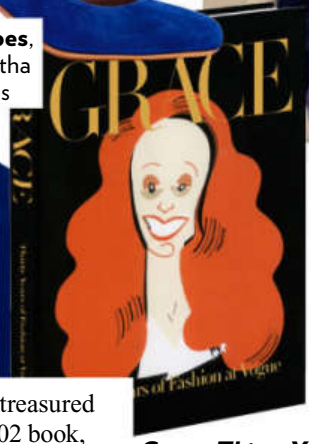
Touches of lace, an amazing jumpsuit and an investment cross-body bag are top of *Red*'s fashion and creative director's hot list

Topshop Lipstick in Rio Rio, £8

MUST-BUY: Anything from Self-Portrait – it's amazing for affordable event dressing. I've totally fallen for this jumpsuit.

Polyester jumpsuit, £250, Self-Portrait

SHOW: My favourite collection for A/W 15 has to be Louis Vuitton. It's the ultimate mix of cool girl and luxury. At Miu Miu, too, the textures and layering were gorgeous, and I can't resist Preen.



Suede shoes, £465, Tabitha Simmons

Essie Nail Varnish in Midnight Cami, £7.99

BOOK: My most treasured possession is a 2002 book, *Grace*, a portfolio of imagery by American *Vogue*'s creative director Grace Coddington – she's the reason I became a stylist.

Grace: Thirty Years Of Fashion At Vogue by Grace Coddington (reissued by Phaidon Press, £100 at Amazon; out September 28th)

Leather bag, £1,325, Saint Laurent by Hedi Slimane at Browns

See more of the *Red* team's favourite things at REDONLINE.CO.UK

Photographs Eyevine, Imaxtree. For stockist details, see the Directory

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2. Source: The NPD Group value sales Jan-Dec 2014.

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CLARINS

ROSIE GREEN

Some daughters do 'ave 'em

Brain freezes, brutal honesty, 'upstairs' slippers: Rosie Green loves her mum, but sometimes her 'senior moments' can be a little trying...

I RECKON WHEN EDVARD MUNCH PAINTED *THE SCREAM*, he'd just had a discussion with his mother about Christmas arrangements. I'm not proud to say it, but such communication makes me instantly regress to huffing 'youff' with an uncontrollable reflex to eye-roll.

I heart my mother completely and utterly (thanks for the babysitting, true devotion and pretending my cooking is not just edible but actually enjoyable), but the below makes me want to bang my head on the nearest available wall…

1) BRAIN FARTS My mother got stuck on the kids' top bunk once. She went up there to see what it was like (?), her foot arches collapsed and she was stranded for hours. Another example? My friend T's mother went to stay with her in Abu Dhabi and accompanied her on a hospital appointment. While there she saw a comfortable chair and thought she might take a rest. Sans specs she failed to notice the black chair already had an elderly occupant (who was, admittedly, dressed head to toe in black Middle Eastern dress) and plonked herself down. It nearly sparked an international diplomatic incident.

2) ANSWERPHONE ANGST Thanks to her owning an answerphone significantly older than Harry Styles, our chats go like this: 'Hi Mum. How are y…' BLEEEPPPP. 'Sorry, sorry, this blasted thi…' Deafening high-pitched noise. 'Hello, this is Alison, please leave a message.' 'Rosie, are you ther…' BLEEEEEP. Then we chat. For exactly four minutes – and then: BLEEEPPP. 'Thank you for calling.' We get cut off. Every. Single. Time. Other obstacles to communication include my mother's habit of keeping her mobile phone in a fabric Cath Kidston case inside a freezer bag.

3) SUPERFLUOUS SAFETY So wary is my mother of computer hackers (sample Monday-morning text: 'Help, I'm under cyber attack'), her anti-virus software absorbs almost all her screen time. Never will her bank details be divulged online. Purchasing from her fave catalogues is done over the phone and then only if the operator sounds 'nice'. She'll also instinctively stand starfish-like (mortifying) to shield family members when they're entering their pin at a cash point. (FYI, at just 5ft 2in this is only somewhat effective.)

4) LATE-ONSET ANARCHY Post 60, even normally law-abiding mums go a bit Russell Brand – their disregard for society's rules evidenced in eye-watering straight talk. A friend trying online dating was not comforted when her mother said, 'Do you think you'll ever find someone to love you?' Ditto T's mother, who was effusive when T got a job in marketing, then undid her good work when she defined marketing as 'legalised lying' to a relative.

5) (OVER)THINKING My mother brings 'upstairs' and 'downstairs' slippers when visiting our house and also lines the boot of her car with a rug and plastic bags so as to double-protect the bottom. My friend H's mum does the same to her wheelie bin, carefully placing a cloth across its base so it doesn't get scratched. And let's not forget the endless angst dedicated to John Lewis' latest diktat (when free tea and cake was withdrawn for Partnership Card holders, I expected to see enraged balaclava-ed grannies picketing head office).

'Sample Monday-morning text: "HELP, I'm under cyber attack"'

BUT, THINKING ABOUT IT, I'M NOT IMMUNE TO IRRATIONAL BEHAVIOUR. Exclaiming, wild-eyed, to random shoppers, 'Have you seen the sugar content of this cereal?!' – then inhaling five cocktails in half an hour with the girls. Claiming destitution on the phone while signing for White Company deliveries. Telling Alpha Male I had put oil in the car and then later, when the engine seized, having to confess I meant put in, as in put into the boot, not the oil tank. So, actually, I think we're quits, dear Ma. Just please let's embargo December duvet arrangements till October at least.

Read more from Rosie at REDONLINE.CO.UK

Photograph Jess Reftel Evans and Martin Reftel.
Hair and make-up Lindsey Poole. Illustration Bett Norris

figleaves.com

DOLLY ALDERTON

Why I'm done with lists

Over the last decade, to-do lists have started taking over Dolly Alderton's life. Now, she's fighting back

WHEN I WAS 15, HUNCHED OVER T S ELIOT'S *THE LOVE SONG OF J ALFRED PRUFROCK* IN AN ENGLISH LESSON, I READ THE LINE, 'I have measured out my life in coffee spoons,' and it struck me as the saddest thing I'd ever read. The pathetic triviality of the image; the torturous banality. The fact that a lifetime could have been small enough to be scooped out and served up in such measly quantities. I vowed that my life would be measured out, not with coffee spoons, but with hundreds of lovers, dirty footprints from barefoot adventures and glasses of champagne in riads and dive bars. I promised myself I would somehow cheat the game of adulthood and never get bogged down with the mundane.

And here I am, not yet 30, with a life that has not been measured out with coffee spoons but something far, far worse: to-do lists.

To-do lists to me are like self-portraits to Frida Kahlo – the direct and truest route to my psyche at a given moment. In weeks I've been happy, the days often go undocumented – just a 'pay council tax' here, a 'cancel Amazon Prime' there. In the weeks I've been sad, the to-do list is rewritten each day in a series of orders that often ramble on for three pages. Frida documented her inner turmoil with magical realism; I choose bullet points.

Of all the things I've experienced since entering adulthood, busyness is the thing I've never quite got used to. I can't believe how much there is to do, all the time. The minute the power bill is paid, Thames Water comes through the letterbox. Why is there a birthday drinks every weekend? When does anyone have time to go to the doctor? Why, when I remember to ring my mum, has it suddenly got to half past midnight?

Initially, I enjoyed the blank page, the clean slate of a new day. Writing tasks down made me certain I would do them, and more often than not I did. Every line drawn through one felt like I had collected another Brownie badge for my grown-up sash of responsibility.

'I grew frustrated with the PAPER evidence that proved I fail at EVERYTHING'

But then, something weird happened. My lists began to go wildly off-piste. 'Lose a stone' started appearing on every one. 'Join Amnesty', 'finish Morrissey's biography', 'learn French', 'answer emails faster', 'stop being drunk and embarrassing'… There was a horrible bullet-point traffic pile-up at the bottom that taunted me daily. The three that stayed there for as many years: 'save for Alexa handbag', 'volunteer at soup kitchen', 'colonoscopy?'

The to-do lists were killing me. I dreaded the morning, looking back at what I hadn't done the day before and remembering another 10 things I wasn't doing. I worried about the list instead of doing any of it. I grew frustrated with the paper evidence that proved I fail at everything (although I often remedied this by buying new notepads and starting again. New notepad = new me). The subtext was barely subtext; it was scrawled all over the page. You're not successful enough, Dolly. You're not thin enough, not clever enough, not philanthropic enough.

I've realised all this daily mess I have to wade through isn't temporary. It is the pace of adulthood. But a three-page to-do list definitely won't help. And nor will wishing I was a different person leading a different life. I have to accept that I may never be the woman who does Bikram yoga, or learns to play the ukelele. I just need to stay calm, pay my power bill, and the adventures will start from there.

Now, I keep my to-do lists strictly functional. There is no shaming, no room for the unattainable. Just a neat column of simple tasks that will make me feel peaceful once they're done (must fit on one page).

In the end, I've taken comfort in a different line I learned from another great writer when I was 15: 'Life is what happens when you're busy making other plans.' Sure is. And life is what happens when you're too busy writing a to-do list.

Join the conversation on Twitter @dollyalderton @RedMagDaily

Photograph Getty Images

‘I’M SETTLED, I’M HAPPY, I’M A BORING CHURCH MOUSE’

Boring? We beg to differ. As for a church mouse? Hardly. But Drew Barrymore is certainly settled, happy and at the very top of her career game. Helena de Bertodano meets the charmingly grounded star

Rarely has the repertoire of an actress so accurately mirrored her real life. From her early appearance in *E.T.*, aged six, through her wild-child years to the romcoms of her twenties, Drew Barrymore has literally grown up – emotionally and physically – in front of us.

‘I think you pick films that reflect what you’re going through in life,’ says Barrymore thoughtfully. ‘For a while I was a bad girl so I did bad-girl roles. And in my twenties I was so into fantasy and how to make fairy tales a reality – »

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'I think you pick films that reflect what you're going through in life,' says Barrymore. 'Now I'm very married, I'm not searching for love'

so I did the romcoms and the happily-ever-afters. I really wanted that for myself… Now I'm very settled in my life, I'm very married, I'm not searching for love…'

So in her latest movie, *Miss You Already*, Barrymore plays the best friend of a woman diagnosed with terminal cancer – played by Toni Collette. Poignant and funny, it is a gutsy performance that shows off Barrymore's remarkable range as an actress. In the movie, her character, Jess – who is happily married – is struggling to have a baby, a plight that creates a gulf with her friend Milly, who is very sick but nonetheless behaves badly towards her friends and family. 'I think I probably would have been a lot more like Milly at another time in my life – tough and a bit naughty. But I'm more like Jess now – grounded and pragmatic,' says Barrymore.

We meet at an Italian restaurant in West Hollywood, which has a retro vibe with red and white checked tablecloths and leather furnishings. Dimly lit with no interior windows, it feels like night-time on this sunny day. Barrymore has picked the venue, partly because she has heard they have good salads and partly because it is near her optometrist, where she has an appointment after our lunch. She arrives dressed in a pink Hawaiian shirt and ripped jeans, tapping away on her phone about babysitting arrangements (she has two young daughters – Olive, three, and Frankie, one – with her husband Will Kopelman, an art consultant). 'I have become a Filofax,' she grumbles good-humouredly. With her hair tied back in a ponytail and without a scrap of make-up, she looks much younger than her 40 years as she flashes her familiar lopsided smile.

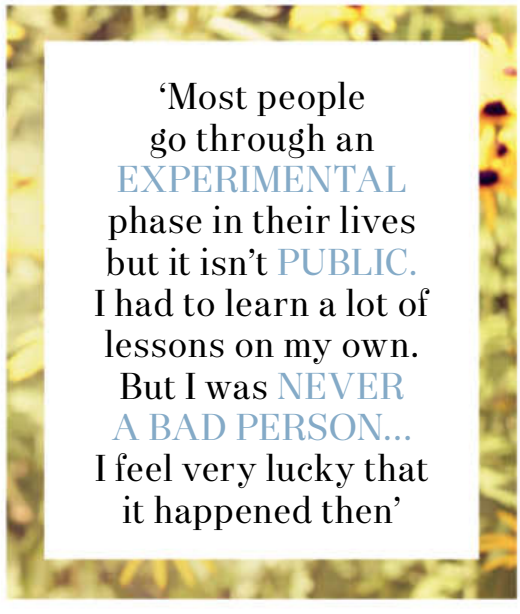
'It's incredibly nice to meet you,' she says, so exuberantly that I can't help but warm to her immediately. Although we are almost the only people in the restaurant, she chooses a booth tucked away in the corner: 'I'm sensitive to conversation being overheard,' explains Barrymore, who knows more than most people about being scrutinised. As we sit down, her phone rings – it is her co-star Toni Collette calling to discuss their upcoming holiday. 'I can't wait,' she effuses to Collette, 'it's going to be the fucking best.'

'She feels like a sister now,' explains Barrymore, who as usual has let the fictional world shape her real one. 'Right away we just unzipped and developed the electric connection.'

Grounded and pragmatic: not adjectives one would have used of the Barrymore of yesteryear. Following international stardom as young Gertie in *E.T.*, her world spiralled out of control and at first it looked ≫

as though she was going to be relegated to history as a typical child-actor disaster story. Her battles with alcohol and drugs are well documented, not least by her. In her autobiography *Little Girl Lost*, she wrote: 'I had my first drink at age nine, began smoking marijuana at 10 and at 12 took up cocaine.' A couple of years later, following a suicide attempt and a couple of stints in rehab, she was labelled a has-been. Yet against the odds, she bounced back with a series of movies, including *Poison Ivy* and *Bad Girls*, and developed a reputation for outrageous, unpredictable behaviour, a sort of Miley Cyrus of the 1990s. In 1994, she posed nude for *Playboy*, then in 1995, during a television interview with David Letterman, she jumped on to his desk and flashed her breasts at him to wish him happy birthday.

'Most people go through an experimental phase in their lives but it isn't public,' muses Barrymore. 'I had to learn a lot of lessons on my own. But I was never a bad person; I never fucked anyone over. I feel very lucky that it happened then. This is a much worse world to go through anything like that. I'm like a quiet, boring church mouse now.'



For those of us who remember watching *E.T.* as children, it is almost as if we have grown up with her. 'You did!' she exclaims. But because so many people feel like that, she is greeted with a degree of familiarity that few celebrities experience. 'I'm Norm from *Cheers*,' says Barrymore. 'I walk into a place and everyone says, "Hi, Norm."' She shrugs: 'It's just what my life is.'

Barrymore had planned to take a break from acting when she was sent the script of *Miss You Already*. 'I was reading the script with my newborn in my arms and I was like, "I don't even have time to read this, how am I ever going to have time to [act] this?" Physically I was not in the right place, but [my character] was pregnant and giving birth and it just felt tonally right to try to fit this in somehow.'

Despite the tragedy underscoring the script, there are moments of real humour and it is, ultimately, a feel-good movie. 'I loved that it wasn't a soppy cry-fest,' agrees Barrymore. Rather, the characters bounce off each other. 'It was more like, "Oh my God, I'm so irritated with you today. I have been cleaning up your shit for a year and a half, and today I don't feel like it."'

Barrymore asks for an iced tea ('no sugar, no lemon') and studies the menu, at a loss for what to order. I tell her I'm going to have the tomato and mozzarella salad. 'Ooh, I'm going to get that too,' she says, snapping the menu shut. 'Who doesn't like cheese and tomato?'

Born into an acting dynasty, Barrymore's childhood was anything but normal. Her grandfather was the legendary screen actor John Barrymore; Barrymore's own father, also called John, was likewise an actor. An alcoholic and drug addict, he abandoned Barrymore and her mother Jaid, the daughter of Hungarian refugees, when she was just a baby.

Towards the end of his life (he died of cancer in 2004), Barrymore moved him closer to her and paid his medical bills. 'I somehow intuitively understood as a very young child that he was incapable of being anything but this shoeless, selfish hippy, and weirdly it didn't bother me. Spending time with him before he died felt like a gift: I always thought he was a very cool, interesting, entertaining, intriguing creature. I was like, "I dig you, you're not a dad by any sense of the word, but you're a unique person."'

The same cannot be said of her mother, with whom Barrymore has a tricky relationship. '[My mother] is a different subject. But all is well and things are convivial and pleasant.' I ask if her mother has met her children and Barrymore politely stonewalls: 'I just can't even talk about her if that's okay.'

For someone who has been through so much in life, Barrymore seems remarkably undamaged. 'It's a choice – you either cower in a corner or you choose strength and happiness.' She goes out of her way to make everyone around her feel comfortable, even listening politely to the restaurant manager's story about someone who knew someone who knew her. I tell her that I thought she might have a publicist sitting in on the interview, a bit of a trend these days. Barrymore makes a face: 'That is so lame. What's the point? I don't even have a publicist.'

When she was 11 months old, her mother took her to her first audition – for a dog-food commercial. The dog bit Barrymore, and when she reacted by laughing, she was given the role. Her earliest memories are of being on sets. One imagines a glamorous childhood: meeting famous people, going to private screenings in grand Hollywood homes, but Barrymore says it was the antithesis of that. 'I grew up in a single-mother household in West ≫

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Hollywood, we had no money, we lived in a little duplex a couple of blocks away from here.'

At 15 she was granted legal emancipation from her parents and found other parental role models. 'Luckily I've been given the gift of great taste in people,' says Barrymore, who considers her great friend Cameron Diaz a sister, as well as Collette. 'All the people I ask advice from and admire are incredibly sane, grounded people.'

During the filming of *E.T.*, director Steven Spielberg also became a sort of surrogate father to her: 'It was one of the most loving and encouraging and fun and adventurous things I've ever got to do in my life with such a safe group of people, led by the most wonderful man. It was really just a perfect world. It was the last time life was quote unquote normal.' They still see each other regularly. 'When he's with my kids,' enthuses Barrymore, 'it's the greatest thing in the world.'

She describes herself as the opposite of her own parents, saying that they gave her a blueprint of how not to raise a child. 'I don't know if I'm a good mother but I know I give everything to it, every day.'

With more than 50 movies under her belt ('I've lost count'), Barrymore has no qualms about taking a break to concentrate on her children. 'I'm making certain choices and they're very easy to make.' Nonetheless, she still oversees the production company she set up, Flower Films – which produced *Charlie's Angels* and *Donnie Darko* – as well as an award-winning cosmetics company, Flower Beauty, not yet available in the UK. 'They both challenge my business side – which I really have,' she says. 'Having a film company was very important to me for 20 years and the beauty company is very fitting to raising girls and thinking about what women want.'

Barrymore was married twice very briefly in the past – to Welsh bar owner Jeremy Thomas in 1994, then to comedian Tom Green in 2001. She met Kopelman many years ago and dated him briefly then. 'It was nice because when I re-met him I was like, "Oh, I feel I know you a little bit." Before it wasn't the right time. Timing is everything…' She says she would not rule out having more children: 'Never say never!'

Now Barrymore is likely to be found curled up on a sofa in the evening. 'The perfect evening for me is something I call VCR – vino, couch and remote. I love one glass of wine at the end of the day – that's all it takes and I'm shnookered. Sometimes we'll go out on a date night – like a ramen adventure, it's always food-oriented – and then every once in a while we'll find ourselves out at something, dressed up, and I'm like, "Holy shit, this feels special."'

If Barrymore had the power to change anything about her past, what would it be? 'Probably everything,' she replies with a wry laugh, 'but if you're happy with your life today, you have to be appreciative of every single moment that led you to get here.'

Miss You Already is out on September 25th

See Drew Barrymore's best screen moments at REDONLINE.CO.UK

CLOCKWISE, FROM LEFT: Barrymore in *Poison Ivy*, 1992; in *E.T.*, 1982; and with Lucy Liu and Cameron Diaz in *Charlie's Angels*, 2000

CLOCKWISE, FROM ABOVE: With husband Will Kopelman; as a child with mother Jaid; and with close friend Cameron Diaz

LEFT: With youngest daughter Frankie

Her *Miss You Already* co-star Toni Collette 'feels like a sister now', says Barrymore

Photographs The Kobal Collection, Allstar, Rex Features, Getty Images, Instagram/Drew Barrymore

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GARNIER

LEADERS OF THE *FASHION PACK*

London Fashion Week has never looked so good. Laura Craik meets the women who have whipped it into its best shape ever

Photographs AMELIA TROUBRIDGE Styling LAUREN T FRANKS

A multicultural mishmash of creative talent, top models, back-to-back parties and the very real possibility of rubbing shoulders with the A-list, London Fashion Week has always been great. That it's now in the best shape of its 31-year history is surely down to the three women currently gathered together in a scruffy London car park for *Red*'s photoshoot.

Of course, it requires the toil of many more to make the event tremendous, but since it would be impossible to namecheck every member of the vast army, we must focus on its leaders: British Fashion Council (BFC) chairman Natalie Massenet, CEO Caroline Rush and president of reputation Sophia Neophitou-Apostolou.

Given that Massenet runs a billion-dollar company, Net-A-Porter, Neophitou-Apostolou oversees a publishing empire as well as being an in-demand stylist, and Rush is in charge of planning, conceptualising and ensuring the entire five-day operation runs smoothly, it is remarkable that they manage to stay still long enough to have their photo taken for this piece. 'Busy' doesn't begin to cover it. But you know what they say: if you want something done, ask a busy person.

And no one is busier than Massenet. You might expect such a successful entrepreneur to be self-aggrandising or steely, but she is neither; in fact, she is warm, quietly spoken and modest. 'I don't think I turned it around at all,' she says of London Fashion Week. 'It was definitely a ship that was already turning. What I did was jump on the ship and say, "Hey everyone, this ship is turning!"'

In the two years since being appointed chairman of the BFC, Massenet, along »

The powerhouses transforming British fashion, from left: Sophia Neophitou-Apostolou, Natalie Massenet and Caroline Rush

with Rush and Neophitou-Apostolou, has raised the profile of London Fashion Week exponentially, turning it from a might-skip to a must-see. Previously, key press and buyers would sometimes bypass London in favour of a rest between New York and Milan. Now, they wouldn't dare to miss it.

This season, the fact that the event has decamped from its former home in Somerset House to a car park in Soho will do nothing to dissuade them, even if, at first sight, a car park may seem an unusual choice as a London Fashion Week base. Au contraire: the new venue will offer more flexibility, more space for exhibitors and a new, central location that is right in the heart of London's vibrant retail centre, not to mention its excellent restaurants – a plus for foreign visitors and locals alike.

'There were a lot of comments about the British fashion industry before I started, such as, "Oh gosh, do we really need to go to the collections because it's so creative and you never know what you're going to get – it's not like the big luxury houses, and it's all new, up-and-coming designers,"' says Massenet. 'I took all those statements that were being used in a pejorative way, and I flipped them.

'THE REASON WHY YOU HAVE TO COME TO LONDON IS *BECAUSE* OF THE CREATIVITY. It is leaps and bounds ahead of anywhere else in the world. This is where you're going to find something you wouldn't find anywhere else, which is ultimately what the consumer wants. I said that we are the creative capital, and that over my tenure we're really going to focus on the bits that are easy to achieve. The hard bit is the creative bit – and we have that already. That's our natural resource.'

NATALIE MASSENET

FIRST JOB? Selling clothes at GHQ, a men's store in the Beverly Center, with Lenny Kravitz… I was 18.
FIRST BIG FASHION BREAK? Becoming West Coast editor at *Women's Wear Daily*.
CAREER HIGHLIGHT? The journey.
CAREER HICCUP? Starting late.
BEST PIECE OF CAREER ADVICE? Make yourself indispensable.
FASHION WEEK SURVIVAL TIP? Avoid high heels.
WHAT WILL YOU BE BUYING NEXT SEASON? An Alessandra Rich black lace dress.
FIRST BRITISH DESIGNER PIECE YOU FELL IN LOVE WITH? A John Galliano for Givenchy dress.

'It's far from a job finished – it's a work in progress,' says Caroline Rush, the BFC's redoubtable CEO, who has overseen countless positive changes since taking the helm six years ago. Like Massenet, Rush exudes a quiet confidence, and is very focused.

It might sound a bit *W1A*, but one of the most effective things she and Massenet have overseen is the 'pillar strategy', which involved persuading experts in their field to oversee five specific areas of British fashion: education, business support, digital, investment and reputation.

Yes, there really is a president of reputation – step forward, Sophia Neophitou-Apostolou, the energetic owner/publisher of *10* Magazine who in her spare time (um, what spare time?) is the creative director for Antonio Berardi, a consultant for Roland Mouret and collections creative director of Victoria's Secret. Neophitou-Apostolou laughs easily and often, and you can tell who is the joker of the three. 'My poor husband never sees me,' she smiles.

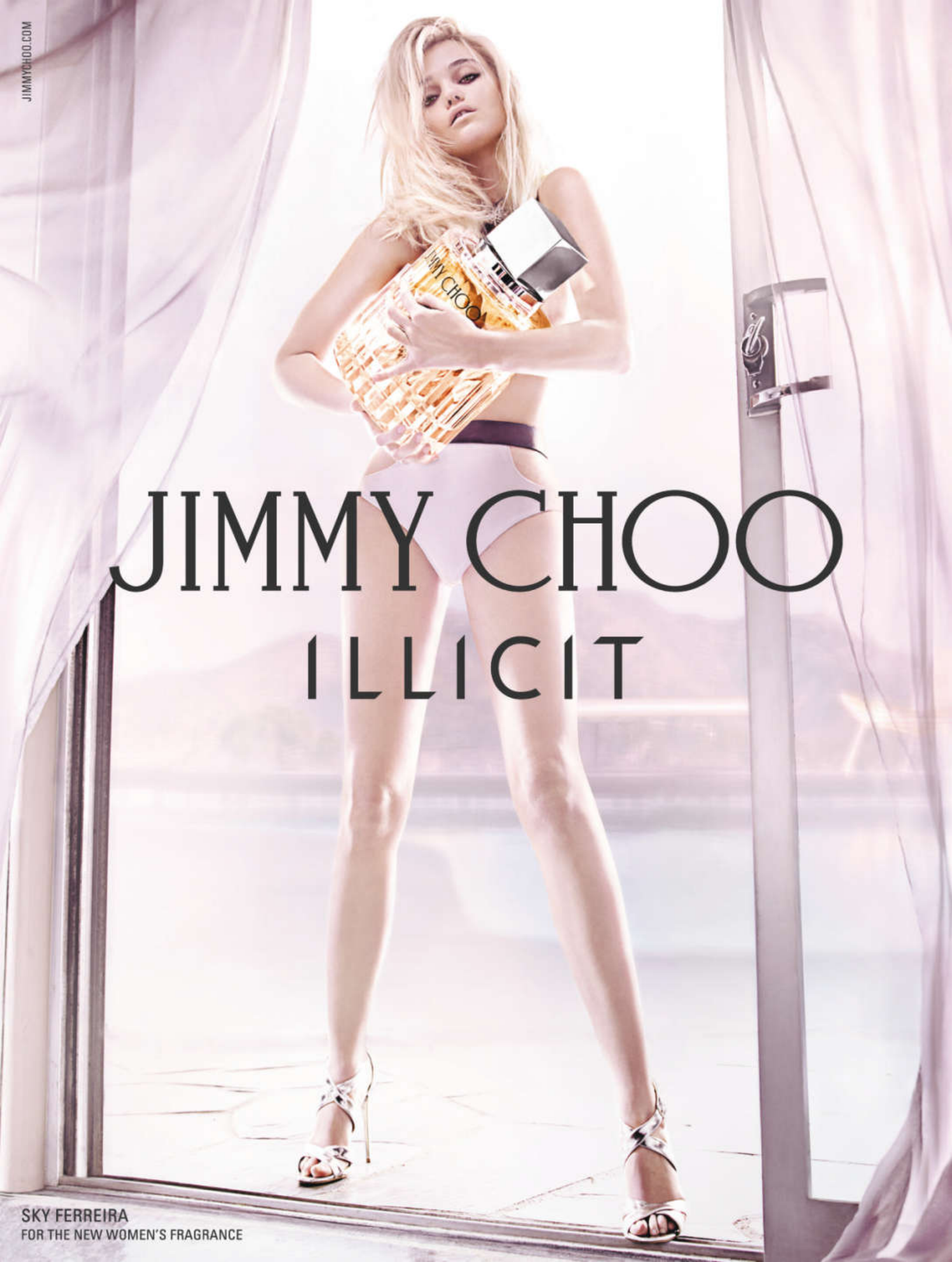
CAROLINE RUSH

FIRST JOB? A Saturday job at Chorley boutique Bang Bang.
FIRST BIG FASHION BREAK? Working for Annette Worsley-Taylor, then creative director for London Fashion Week.
CAREER HIGHLIGHT? The return of labels such as Burberry and Jonathan Saunders to the schedule.
CAREER HICCUP? Everyone has them, the trick is to learn from them!
BEST PIECE OF CAREER ADVICE? Explore every opportunity and work hard.
FASHION WEEK SURVIVAL TIP? Different shoes each day and flats in the bag.
WHAT WILL YOU BE BUYING NEXT SEASON? British!
FIRST BRITISH DESIGNER PIECE YOU FELL IN LOVE WITH? A John Richmond skirt.

Like Massenet, Neophitou-Apostolou, who was appointed in 2013, does it for love. Neither is paid. 'This is something we do because we feel passionate about it,' says Massenet. 'It's not our day job. We're all just enormously proud we can help in some way. And together we get more done.' Neophitou-Apostolou agrees. 'I was honoured to be asked. I feel passionate about what we do in our industry. We can make a massive impact, as people who count in this business, to improve the lives of these designers and their longevity. We have a responsibility to do that. We're not just here to sit and clap at the end of each show.'

Massenet is quick to disabuse the notion that hers is merely a figurehead role. 'It's tough to balance it all,' she says. 'But because we're doing this for the love of it, I actually find an energy, because I know it impacts so many people's businesses if we get it right. If you're a new designer coming out of school, and you can start off your business on the right foot, it will save everyone a lot of heartache. If you have the ability to skip the mistakes and go straight to success, that helps as well. And if the designers don't know where to go to raise money, for us to be able to give them toolkits and access to capital is »

Natalie Massenet's hair Matt Stark. Make-up Isabelle Haddo. Natalie wears: Dress, Preen by Thornton Bregazzi. Shoes, Charlotte Olympia. Caroline's hair and make-up Lindsey Poole. Caroline wears: Dress, Roksanda Ilincic at Matchesfashion.com. Shoes, Sophia Webster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incredible. 'I don't just think, oh, here's a fantastic designer and a pretty dress; I think about jobs, I think about what it means to this country to be able to start a business based on something beautiful and creative.'

IT'S CLEAR THAT THE THREE WOMEN WORK SUPER-EFFECTIVELY TOGETHER, BUT THAT THEY ALSO HAVE A LAUGH. They seem more like friends than business associates. 'Meetings are always really good fun, but we also have loads of creative ideas focused around how we can delight and surprise people, and add that extra experience that gets people talking and Instagramming about it all,' says Rush. Do they tend to agree on everything? 'Mostly. We all listen to each other's opinion, but the fun part is exploring each other's ideas.'

They also share a very obvious mutual respect for one another. 'The only reason I took on this job is because she was there,' says Massenet of Rush. 'She is amazing.' Meanwhile, Neophitou-Apostolou says of Massenet, 'She is so clever – she totally trusted us to do what we've been brought in to do and has run with our ideas, however hair-brained they might seem at the time. Because she runs a business, she gets it. She listens. She's great at delegating and nurturing the ideas we all bring to the table. We all have our specialities and specific passions.'

For Neophitou-Apostolou, that passion is to give more prominence to the cruise collections, interim lines of clothing that bridge the gap between spring/summer and autumn/winter, and that can make up to 70% of a designer's business (an idea that already bore fruit in June, with over 20 designers showing cruise collections); for Massenet, it's to get every designer online. 'I think we're halfway there,' she says. 'We also want to make sure everybody is clear on how to finance themselves.'

Rush oversees everything, but her baby is probably the mentoring programme. 'It matchmakes these incredible [business] individuals with one designer to be a constant mentor, an open black book of contacts. It's working really well.' One example is James McArthur, former CEO of Anya Hindmarch, who mentors Emilia Wickstead. He has no vested interest, yet meets with Wickstead to advise her on brand building and development.

SOPHIA NEOPHITOU-APOSTOLOU

FIRST JOB? As an intern at *Vogue*, after a career change at 26, from an architects' firm.
FIRST BIG FASHION BREAK? Finally getting my first chance at *Vogue*.
CAREER HIGHLIGHT? Starting my own magazine.
CAREER HICCUP? Working for an architect and hating every minute of it.
BEST PIECE OF CAREER ADVICE? Never ever take 'no' for an answer.
FASHION WEEK SURVIVAL TIP? Make amazing memories; they will feed your creativity forever.
WHAT WILL YOU BE BUYING NEXT SEASON? As much Azzedine Alaïa as I can.
FIRST BRITISH DESIGNER PIECE YOU FELL IN LOVE WITH? Alexander McQueen's bumsters. I thought, he will change fashion-dom – and he did.

I ask Massenet who's the boss. 'Caroline Rush,' she says firmly. 'Have you met her? We all work for Caroline. There should be a lot more curtseying to Caroline. You know who else is the boss? Anya Hindmarch. She's one of our fearless directors, leading from behind. She's enormously strategic.'

LONDON HAS ALWAYS BEEN A HOTBED OF CREATIVE TALENT – our designers are world-class – but in the past the BFC was not always brilliant at promoting them. 'They [the BFC] were not tooting their own horn. Even now I feel they take on a lot and are very modest,' says Massenet. 'The fact my background is in digital, and it's a disruptive background, meant I was able to approach what the BFC was doing and say, "Just because you've been doing this doesn't mean we can't do something different."'

Together with Rush, Massenet has also strengthened links with Downing Street, which might seem jarring, given most designers' anti-establishment credentials. But it's been psychologically important for an industry that for many years was undervalued – even ignored – by the government, despite the millions it generated for the British economy. Today, it's estimated to be worth around £26 billion.

Massenet's tenure ends next February (her replacement is yet to be found), which means her baby, the British Fashion Awards in November, is set to be the most stupendous yet. From being a fairly insular event, it's grown to be far more outward-looking, celebrating not only the home-grown talents of designers such as Christopher Kane, Christopher Bailey, Phoebe Philo and Stella McCartney, but international names, too.

At last year's ceremony, Miuccia Prada rubbed shoulders with Tom Ford and a slew of models, actors and sportsmen including Naomi Campbell, Emma Watson and the Beckhams. 'Of all the projects, that's the one I micromanage,' Massenet admits. 'I want to position it at the level we deserve, that carries this weight around the world, about how incredible the talent is.'

And with that, the three women take their positions to be photographed, dressed in British finery, perched incongruously in an empty car park that, come September, will feel like the centre of the world. »

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PERFECT PAIRING

With fans ranging from Rihanna to Michelle Obama, Peter Pilotto are putting London on the fashion map. No wonder, when they have the BFC behind them

The duo behind Peter Pilotto are at the peak of their powers. And while Pilotto is Italian/Austrian and Christopher de Vos is Belgian/Peruvian, it's the spirit of London that vibrates throughout their designs. (The capital has been home to both since graduation.)

'This city is such a curious melting pot,' says Pilotto. 'It's inspiring to see cool looks on the streets of east London, and then conservative bankers around the corner. Those extremes allow you to really go for it.' De Vos agrees: 'It's a mix of so many great things – retailers, London Fashion Week, the customer and then the BFC.'

The British Fashion Council has championed the pair since the launch of their label in 2007, providing advice and funding. 'You can always pick up the phone and know they'll be there,' says De Vos. 'It's very special, that spirit of wanting to help,' adds Pilotto. Though it's easy to see why the BFC is keen to nurture these two – their clothes are creative, wearable and empowering. A recipe for success. »

Words Natasha Lunn. Hair Alex Price at Frank Agency. Make-up and grooming Lindsey Poole

The BFC has championed Peter Pilotto, far right, and Christopher de Vos since 2007

Crepe, lace and metal dress, £1,995, Peter Pilotto

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BRIGHT **YOUNG** THINGS

Meet the NEWGEN designers, hand-picked by the British Fashion Council to be the style superstars of the future

The NEWGEN alumni are an illustrious list: Alexander McQueen, Mary Katrantzou and Simone Rocha have all been singled out by the BFC to receive funding and practical support. This year's nominees – gathered here for *Red* – are exciting talents to keep a close eye on, and remember, you heard about them here first.

SADIE WILLIAMS, 28
Fashion and textile designer Sadie has worked with Katie Hillier and JW Anderson.
Known for: Futuristic column dresses, Lurex sweatshirts and embossed sparkly, fabrics that are lively and modern.

CLAIRE BARROW, 25
Stockton-on-Tees-born Claire won fans for her hand-painted leather jackets after graduating.
Known for: Painterly illustrations, silkscreen prints and politically driven dystopian designs.

DANIELLE ROMERIL, 31
After making her own clothes to go raving in aged 15, Irish designer Danielle worked with Alberta Ferretti before starting her label.
Known for: Hand-painted camouflage and unusually crafted pieces.

Hair and make-up Lindsey Poole, Rachel Jones at Terri Manduca and Ami Penfold at LHA Represents. Location Holborn Dining Room; holborndiningroom.com

MARTA JAKUBOWSKI, 30
Royal College of Art grad Marta worked with Hussein Chalayan and Alexander Wang before setting up her own label. **Known for:** Spiky metal headpieces and flowing, draped jersey dresses in monochrome and red.

FAUSTINE STEINMETZ, 29
Paris-born Faustine graduated from Central Saint Martins' fashion MA under the late Professor Louise Wilson OBE. **Known for:** Her trademark 100% wool denim: all spun, dyed and woven by hand.

RYAN LO, 25
Hong Kong-born designer Ryan was given Fashion East sponsorship for his first runway show. **Known for:** His dreamy, romantic designs, from Anna Karenina-inspired fur collars to girlish pop-culture references.

ASHLEY WILLIAMS, 26
East London-based designer Ashley caused a buzz with her first solo show, championed by friends Pixie Geldof and Alexa Chung. **Known for:** Cartoonish graphics, PVC dresses and playful slogans.

Read more about the NEWGEN stars at REDONLINE.CO.UK

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FIGHTING *EXTREMISM* – ONE **MOTHER** AT A TIME

A Muslim, a 7/7 survivor and a dogged campaigner against the radicalisation within her community, Sajda Mughal tells Clare Goldwin why the re-education has to start at home

Photographs JENNY LEWIS

What would you do if you were caught up in an event of almost unimaginable horror? Would you be one of those who panicked – or who stayed calm? None of us, of course, knows how we'd react in the moment, but it's almost certain that afterwards we'd try to seek out any nuggets of good from the experience. After all, it's in our human nature to find the positives.

When it comes to tragic events, these are inevitably much harder to identify, but there might be the desire to honour a memory by raising money or awareness to help others, or simply the vow never to let the little stresses of life trouble us again. How many of us would actually see out those promises, though? This is a question Sajda Mughal can answer with certainty and clarity.

Just over 10 years ago, the 33-year-old was an ambitious young business graduate, her gaze firmly focused on a future in city recruitment, travelling the world and earning a *lot* of money. Now, she's on a charity worker's salary but admits she's more fulfilled than ever.

Wearing a silky emerald shirt and jeans, Mughal sits at a table in the modest north London headquarters of JAN Trust, a charity that helps support women in Britain's harder-to-reach communities, and which she is now director of. Usually the space is buzzing »

'As a Muslim myself, knowing the 7/7 bombings were carried out by Muslims in the name of Islam was hard for me,' says Mughal

with women. Today it's quiet; there is a day trip on.

Mughal's aspirations have changed somewhat. These days she wants nothing other than to eliminate radicalisation – and Islamophobia – in Britain. As Mughal, a Muslim herself, says, 'They feed off each other.' These are ambitions of intimidating proportions. With the rise of ISIS, rarely a week goes by, it seems, where there aren't reports of Britons fleeing to Syria to join the terrorist organisation, young men off to fight or teenage girls to be brides. Whole families with children, too.

For Mughal, the solution is all in providing role models. What makes her approach so innovative is that these aren't famous figures, or even community leaders, but role models found much closer to home: mothers. She believes if you empower mothers with the confidence and tools to be able to have a dialogue with their children about the realities of extremism, you have the key to fighting radicalism in Britain.

'What better place to START than with those who want to PROTECT their families and children, the MOTHERS'

WHAT FIRES MUGHAL IS PERSONAL. SHE'S THE ONLY KNOWN MUSLIM SURVIVOR OF THE LONDON BOMBINGS OF JULY 7TH, 2005. That morning, running late for work, she found herself on a Piccadilly line train between King's Cross and Russell Square when suddenly there was a loud bang, the lights went out and thick smoke began permeating her carriage.

'I was in a state of shock,' she recalls. 'At the time I never thought it was a bomb. I immediately thought it was a derailment. But then I thought, oh my God, it's rush hour, the next train is going to go right into us, there will be a big fire, we're all going to be burned to death. I thought, July 7th, 2005, is the day that I die.'

For nearly 50 minutes, Mughal, who still experiences flashbacks, sat in a sweltering, dark carriage packed with people 'pleading and screaming and banging on the windows'. She covered her face with her suit jacket because 'I could feel myself suffocating'. She stayed quiet thinking of her father, who had died when she was 17, that she wouldn't get to say goodbye to her mother, her two older brothers or her partner. Additionally: 'I was thinking of all the good times, my childhood, my primary school.'

Eventually, finally, she heard a male voice saying, 'It's the police, we're coming to get you.' Passengers were led back along the rails to King's Cross, and then the uninjured, the 'lucky' ones like Mughal, simply wandered away. 'I came out and wanted to be alone, but I remember crowds had gathered, and they were all staring at us. I didn't know why. I ran across the road to McDonalds, shot straight into the toilets and looked in the mirror. I was covered in black soot.'

Mobile networks were down so Mughal walked home to her mother's house in north London, arriving at 2.30pm. During that walk she got the first hint she'd been caught up in an act of terrorism. Paying for water at a newsagent, she remembers, 'Someone said, "Have you heard, it might have been a bomb." I remember turning to her and going, "No it's not, it can't be," not wanting to think of that possibility.'

Over the coming days, as Mughal struggled to come to terms with her experience, it emerged bombings had been carried out by four Muslim men. In her case the perpetrator was Germaine Lindsay, who killed 26 passengers. 'That it had been carried out by a handful of Muslim males in the name of Islam was hard for me,' she says. 'I couldn't take it in because, being a Muslim myself, I know clearly what it says within Islam and it's written in the Qu'ran that to take one innocent life is as if you have taken the whole of humanity. We were innocent that morning, from all walks of life. Instantly I knew these men had been manipulated because had they known the true and real Islam, they would never have done that.'

After six months off, during which she had counselling, Mughal returned to work but unanswered questions burned within. 'Who manipulated the bombers with this incorrect ideology? What could we have done to prevent 7/7? Where were the mothers who would not have wanted to have lost their children and take innocent lives with them?'

She went online for answers. 'Unfortunately I came across videos, hate videos. These were Islamic extremist videos, and I knew something was in play that had manipulated the four individuals. I knew then my life would change, that something had to be done.'

Eighteen months after the attack, Mughal quit her job to work for JAN Trust. The charity works with women from marginalised communities, providing practical training as well as tackling issues such as forced marriage, FGM and honour-based violence. She says, 'I thought, what better place to start than to work with those who want to protect their families and children, the mothers.'

Mughal carried out a consultation among Muslim mothers, which revealed 93% lacked basic IT skills, such as how to switch on a computer, while 92% did not know what radicalisation – let alone online radicalisation – »

Sajda wears: Shirt, Massimo Dutti. Skirt, No21 at Browns. Ring, her own

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Mughal's mission to engage mothers in the fight against terrorism has sparked much media interest, including *The Telegraph*; this year she was awarded an OBE

was. 'If you'd told me that when I was in banking I'd have been shocked,' she says. 'But these are marginalised women who lack key skills, knowledge and education.' From this research she developed the Web Guardians programme.

'It's the world's only programme working with Muslim mothers to tackle online radicalisation,' says Mughal. 'It's practical. We sit down one on one, make sure they have the skills to get online. We show them the social media that's used predominantly by extremists, the videos. When you show them, I can't describe the shock they're in – they've never seen them, they didn't realise. We went to one area and in a hall full of Muslim women, only 4% knew who ISIS were. This was at a time after the beheadings…'

Many of the women who come have specific concerns about family members, sons and, increasingly, daughters. Among younger Muslims in the UK, there are frustrations with Britain's foreign policy and situations such as those in Palestine and Syria. Add to this the Islamophobia that increases with every terrorist action.

MUGHAL KNOWS WHAT IT'S LIKE TO BE ON THE END OF ISLAMOPHOBIC THREATS – friends and family have been called names in the street, had their headscarves torn off. She herself has received death threats, though she brushes them off. She recounts supporting a mother whose seven-year-old girl was being bullied at school, the other children calling her a terrorist, saying her dad was Osama bin Laden.

'More and more people are feeling disconnected and isolated,' she says. 'What happens then is groups, for example ISIS, say, "Well, you can be part of this community where you are accepted, free to practise your faith, live how you want to live, be who you are." You can see how they get sucked in. They're not having those safe offline discussions; they're being drawn in by this voice from the online world. There's nothing to balance it out.

'We equip a mother with the counter narratives for her to channel her child's grievances in a positive way. By campaigning, we tell them they have a voice. They can volunteer with charities that are working on the ground in Syria, if they want to make that difference. These mothers are taking ownership of the issue, tackling the issue, but the beauty of it is that along the way we're leaving a legacy of practical skills that can assist them through life.'

Does Web Guardians work? Mughal is adamant: 'Yes. We remain in contact, and we've had mothers come back to say, "I've stopped my child going to Syria"; "I've stopped my child joining a banned group."' So far they've reached out to hundreds of mothers, mainly in London, and she's desperate for funding to expand the programme further.

ASK MUGHAL ABOUT ROLE MODELS AND SHE REITERATES IT'S THE ROLE MODELS AT HOME – MOTHERS – THAT HAVE THE MOST POWER FOR CHANGE. Mughal herself was born in Nairobi, but came to London as a baby. As her father worked abroad, it was her mother, a lecturer, who held the family together and whom Mughal credits as her role model.

As well as Web Guardians, Mughal visits schools, both to dispel myths about being Muslim and to share the realities of joining ISIS, and she personally counsels teenagers whose concerned families fear they are being radicalised. 'The youngest I've seen is about 15. I've seen mind-sets change, so that now they're volunteering.'

Now married to her boyfriend at the time of the July attacks, she has two daughters, aged five and two. I can hear them giggling in the next room. Mughal admits the demands of her job – the desire not to 'lose' anyone to extremism because they couldn't contact her – mean she regularly works into the early hours.

Earlier this year she was awarded an OBE for her work, but is it really a battle she can win? 'It never feels like a battle I *can't* win, because if I felt like that I would have stopped a long time ago, because otherwise why am I doing all those hours, missing out on my own children and their upbringing? I don't want to have to explain what extremism or Islamophobia is to them when they're older.'

I ask Mughal if she always had a campaigning spirit. She thinks so, but that if 7/7 hadn't happened she would never have channelled it. 'Out of all the tragedy, 7/7 changed my life' she admits. 'It's unfortunate to say, but it's changed it for the better. It gave my life a purpose that wasn't there before. I didn't want to sit there and let 7/7 take over my life because it *was* taking over my life. I had to do something so it didn't own me.'

If she could turn the clock back, knowing what she knows now, would she still get on that Tube? 'Honestly, I would. I would. Because of what I'm doing today, because of the difference it's making, because of the mothers saying, "You've helped save our families, go out there and save more." If 7/7 hadn't happened to me I wouldn't be doing that.'

For more information or to donate to JAN Trust, go to jantrust.org

Read more profiles of inspiring women at REDONLINE.CO.UK

Hair and make-up Rachel Jones at Terri Manduca. Styling Lauren T Franks. Additional photographs Getty Images, John Frost Newspapers

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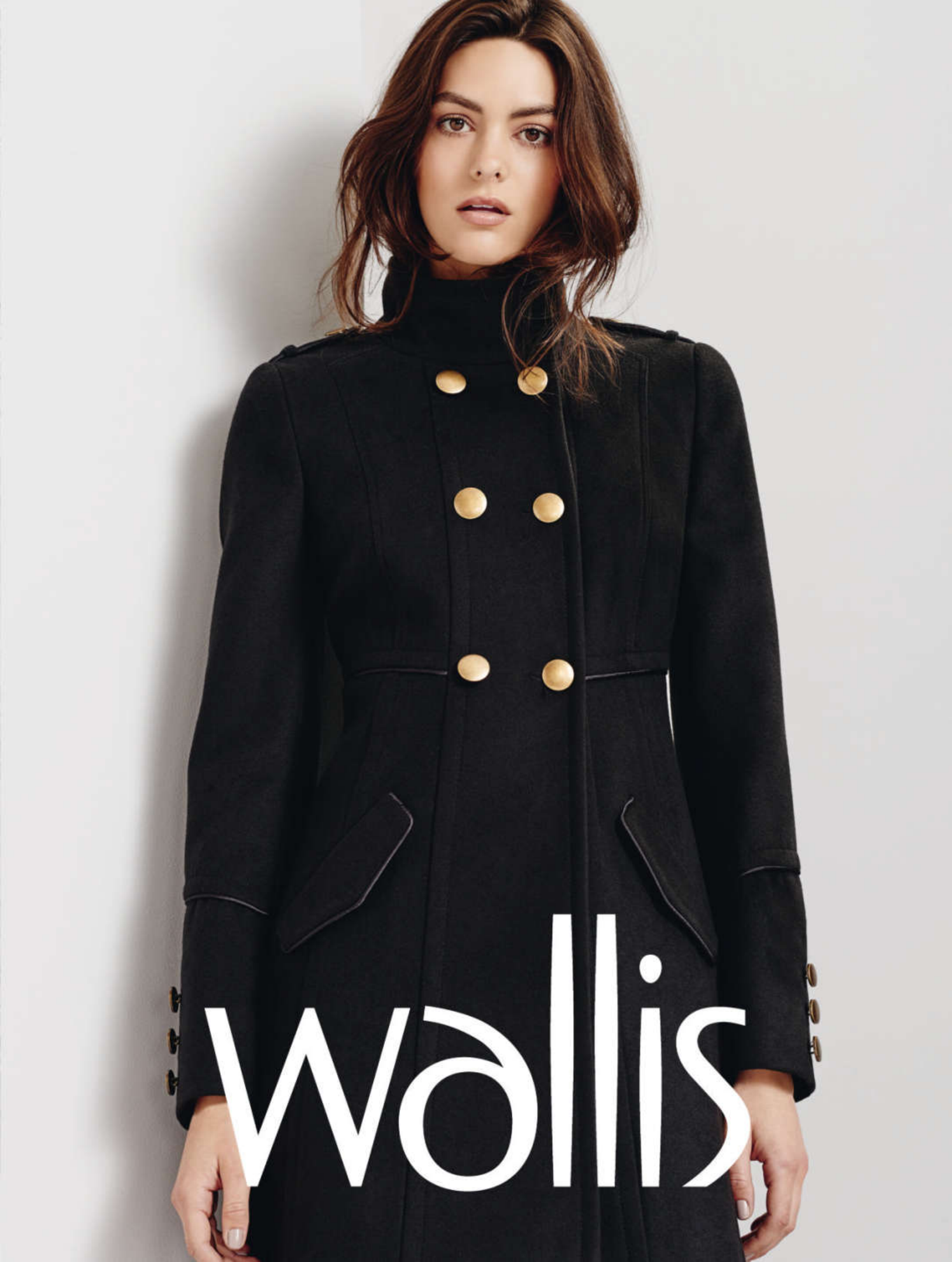
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ANYONE FOR PING PONG, *STARGAZING*, OR TAXIDERMY?

All work and no play makes for a dull life. Four writers share the very different ways they enrich their lives

Photographs LIAM DUKE

REACHING FOR THE STARS

by TRACY ANN OBERMAN

LAST CHRISTMAS EVE I HAD A PERFECT MOMENT. My husband, our eight-year-old daughter and I lay on a blanket on Tulum's eco beach under a canopy of bright stars in the pitch-black night. With no light pollution to hinder the visibility of the Mexican sky, the twinkling orbit was almost trippy in its vividness. And I was in my element. For over an hour I held my family in thrall to my secret hobby. 'Look, there's Orion,' I pointed out, 'with his legs outstretched and his hands holding his bow, aiming to shoot his prey. And can you see the scabbard hanging from his belt? But the middle star of that scabbard is not a star; it's a nebula – where new stars are born. And oh, look, there's vain Queen Cassiopeia hanging upside down on her chair and her poor daughter Andromeda, who she sacrificed to the gods to save herself.'

'Wow, Mum, it's amazing!' my daughter exhaled. 'How do you know all this stuff?' demanded her father.

The stars aligned on my ninth birthday and gave me a simultaneous present of a book of Greek myths and a visit to the Planetarium on London's Marylebone Road, now part of Madame Tussauds. As the lights dimmed on the auditorium, the dome filled with a starry sky. A kindly authoritative voice pointed out the theatre of stars and planets that hovered over us in London. Apart from the beauty, I could clearly see the images described. The kings and princesses, the animals and monsters. And I felt part of something timeless. These constellations were there from the beginning of time and would be there at the end. I was gripped.

That night I went back and flicked through my Greek myths book and, to my complete delight, saw that each of the constellations that had thrilled me during the show had a story. Perseus up there in the sky was the brave son of Zeus. He saved Andromeda after her mother tied her to the rock to be eaten by a sea monster. Ursa Major (the Great Bear) was an Arcadian princess turned into a beast by Hera, the jealous wife of flirtatious Zeus.

Since then I have always looked up at the night sky wherever I am in the world, trying to find the Plough and use its two pointer stars to lead me to Polaris – the North Star. Polaris is the great leveller of the skies. If I can find Polaris I can pretty much find the other constellations. It never ceases to fill me with awe and wonder. It's comforting, too, the familiar celestial picture as a constant reminder that we are not alone, that we are all part of this greater mystery.

My much-missed dad always loved a bit of stargazing and it may sound corny but, since he died, I imagine him turned into a new star in the night sky looking over me.

I want to develop my interest in the future. I want to go on a stargazing course and then bring stargazing to more people; I might even pitch it as a TV show for children! I want to capture their imaginations as mine was once captured.

This weekend I'm taking my daughter and her best friend to the Peter Harrison Planetarium in Greenwich Park for a stargazing session with astronomer Elizabeth Avery. It's their first time. I don't know who's more excited, them or me. Who am I kidding? It's me! »

The Sky Tonight at the Royal Observatory Greenwich; rmg.co.uk. Tracy Ann is currently in McQueen at The Haymarket Theatre, London

Hair and make-up Lindsey Poole. Styling Oonagh Brennan. Tracy Ann wears: Boilersuit, By Malene Birger at Net-A-Porter. Shoes, Charlotte Olympia. With thanks to the Royal Observatory Greenwich

'Stargazing never ceases to fill me with awe and wonder,' says Tracy Ann

'Every ramble starts in a spirit of newborn optimism'

THE HEALING POWER OF THE RAMBLE

by WILL STORR

Will and wife Farrah are lovers of a country walk

WHEN WE WERE YOUNG AND PRETENTIOUS WE'D CALL IT 'FLANEURING'. My best friend and I would set off on Sundays, from her flat in Holborn, and spend hours roaming the pavements of the deserted City. We fell in love in those streets. My best friend became my girlfriend and, when money allowed, we'd get an Easyjet to Palermo, Berlin or Madrid, where we'd leave our two-star after breakfast and turn left or right – then just keep on deciding left or right based on nothing but the mysterious way each direction beckoned us.

We're older now, and married. The thing we do has changed. These days it has as its accoutrements – not sunglasses and Euros, but muddy boots, sandwiches in zippy plastic bags, Ordnance Survey maps. The thing we do, these days, is rambling. And it's become my favourite thing.

I have a rambling app (imagine Google Maps but with a walker-friendly 1:25000 Ordnance Survey Explorer) on my phone. I spend hours on it, plotting future rambles. I'll be hunting for a green line – a national footpath – that avoids farm property (risk of angry dogs) and motorways (noise), and passes rivers or lakes (so the dogs can swim). The most important rule, though, is that they be circular. Going back on yourself feels too much like failure.

The joy of the ramble is in pushing on, across the next field, down the next valley. To go into reverse is to tumble back into a glum restatement of the past. I suffer from a frequent, low-grade depression that can feel as if I'm strapped into an iron vest. The act of travelling forwards, of making progress, can loosen its straps like nothing else I know. The feeling of interacting with the world, of achieving victory over the challenges set by its landscapes, is a warm bubble bath to the sore subconscious.

Every ramble starts in a spirit of newborn optimism, the roadside stile and the footpath sign an invitation to mystery and adventure. The moments of glorious victory often involve cake in garden-centre cafés or unexpected arrivals in places of beauty or intrigue. But there are disasters, too. They start at the mundane (wet socks, nettles) and end at the potentially fatal (being charged by a cow near Cookham). The occasional bad ramble is essential. It's the very threat of misfortune, of course, that turns a ramble into an adventure.

Dog Parker often joins the couple on their rambles

The end of the story – triumphant resolution – comes at home: muscles pleasantly aching; chicken in the oven. And, through joys shared and challenges overcome, the love between wife, husband and animals has become just that bit stronger. »

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'I came away with huge admiration for the skill of taxidermy,' says Kate

HOW I WAS TAUGHT TO SKIN A CROW

by KATE MOSSE

GROWING UP IN SUSSEX IN THE 1960s AND 1970s, my favourite day out was to the astonishing, seriously peculiar museum of taxidermy, Walter Potter's Museum of Curiosities. Having started life in the village of Bramber, a few miles north of Brighton, Potter's collection had moved to Arundel. Crammed into a half-timbered building, at the bottom of the hill, every inch of space was stuffed with curios and oddities – a glass jar containing Siamese twin pigs, their tiny features squashed, and a shrivelled, mummified hand. But what captured my heart were the display cases filled with stuffed birds and animals, each telling a story: the guinea pigs' cricket match, the score frozen forever at 189 for 7; the rats' drinking den, with the coppers lurking outside the door.

My favourite tableau was 'The Death and Burial of Cock Robin', inspired by the folk song. Just shy of a hundred birds in a churchyard of paper and paste: bunting, crow and »

Hair and make-up Lindsey Poole. Styling Lauren T Franks. Kate wears: Top, Paul Smith. Jeans, by Jasper Conran. Thanks to Booth Museum, Brighton; brightonmuseums.org.uk/booth

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owl, a grieving lark with a black sash around its neck and the sparrow with his bow and arrow. Old tombstones and disinterred bones, a coffin and a dish of blood.

Gruesome, macabre, yes, but I loved it. It set up in me a lifelong fascination with taxidermy. In 2003, the sale of Potter's collection (then at Jamaica Inn in Cornwall) made the headlines. I'd not seen any of the tableaux for 35 years, but instantly I was back, nose pressed against the glass, looking at those kittens, those birds 'a-sighing and a-sobbing'. The idea for a novel, in part inspired by Potter's museum, took shape.

I was astonished to discover taxidermy was now fashionable. There were weekend courses in every part of the country. Most of the taxidermists I quizzed were young women, many of whom had come out of art schools, inspired by artists such as Polly Morgan.

I decided to take the plunge. I'm vegetarian and rarely even cook meat, but if my lead character was to be a taxidermist, it wasn't enough for me to be intrigued by the process. I needed to understand the mechanics of skinning and preserving. I made contact with artist-taxidermist Rose Robson, and asked her to show me how to stuff a crow!

It was one of the most challenging bits of research I've done. The process was more fiddly than I'd expected, and the complications of bird anatomy took me by surprise. And time-consuming, repeating the same procedures over and again. I came away with huge admiration for the skill of taxidermy.

Would I do it again? Never say never, but I think I lack the stomach, patience and dexterity. But I did buy my first piece of taxidermy: a glossy black crow, Connie, who sits above my desk and watches me write.

The Taxidermist's Daughter by Kate Mosse (Orion, £7.99)

ANYONE FOR (TABLE) TENNIS?

by JESSIE BURTON

'ONE MORE GAME?' I SAID TO MY BOYFRIEND, PADDLE IN HAND, AS THE SUN SET THROUGH THE WINDOWS OF OUR HOTEL. I'd like to say this question was a prelude to a kinky bedroom session, but no. On holiday in Turkey, we'd discovered a shared love of… ping pong. Before long, we were paddling away before dinner and after – and if the waiters had been willing to bring our food to a different kind of table, we'd probably have played while eating. It was fun and fast, and you were unlikely to pull a muscle. The perfect sport for me.

After falling for ping pong on holiday, Jessie bought her own table

'PING PONG has a peculiarly ADDICTIVE quality'

A month later, it was his birthday. It's hard to do surprises after nearly a decade together, and I'd given him all the books, clothes and tickets a man could want. However, we'd recently purchased our first home. And what more logical use of the space than a full-sized Slazenger ping pong table? Getting it into the garden was another matter – a 100kg table is no joke. The delivery men had to pivot it over the fence because it was far too big to fit through the front door.

Soon, we were playing all the time. Ping pong – or table tennis, if you want to be correct – has a peculiarly addictive quality. There are many reasons why I love it so much. Firstly, I'm not much of a gym bunny, so it's good to be getting the heart rate going. Ping pong doesn't feel like exercise, but it is. Secondly, we all lead hectic lives, with responsibilities and demands all over the place. The sound of the plastic ball on the bat, the quick results and the focus required, it takes you away from your problems and places you right in the moment. And when our friends come round to play, it's always a laugh.

When I play men at other racket sports, the inevitable added upper-arm strength they have often unbalances the match. But ping pong is different: you need lightness of touch, a game of sleight and slice, accuracy and the right deployment of power. It makes me more than a match for any man who wants to take me on…

But recently I've been thinking about why, as a writer, I'm so drawn to this game. It certainly uses another part of my brain, where I don't have to overanalyse, where cause and effect are obvious, where a mistake made is soon forgotten in the face of a glorious ace. Ping pong feels like a challenge that's easy to conquer – unlike a novel, which misbehaves inside your head. While I'll never be as good as Forrest Gump, there's something rewarding about immediate success: the opposite of the writing process, which can be torturously slow. It's lovely to be in the open air rather than stuck behind a desk, eyes glued to a screen. Holding that little paddle offers instant relief, lifting me out of my introspective self.

Find more of *Red*'s favourite modern hobbies, from foraging to Ikea hacking, at REDONLINE.CO.UK

Additional photographs: Getty Images

THERE'S MORE TO TASTE

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ONLY, *not* LONELY

Moya Sarner has often felt judged for not having siblings. But, she counters, what matters isn't how big your family is, it's how much love is shared around

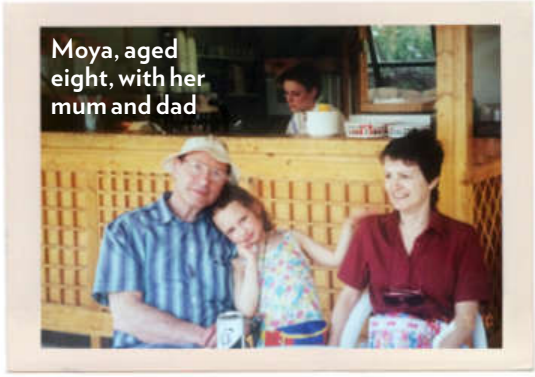
I remember being nine years old, looking out of my bedroom window on to our garden below. I soaked up the green of the lawn, the red of the apple trees, and Mum and Dad dozing side by side on blue deckchairs in the sun. I thought, I am so lucky. I have parents who love me and who love each other – the perfect family.

It wasn't until I was an adult that I realised not everyone sees it that way. Where I see a complete family of three, many others see a gaping hole where my siblings should be.

Once, I asked my parents for a sister for Christmas, but they said 'no' – given that my mum was 39 and my dad, 51, when I was born, it was a biological improbability by then, although I didn't understand that at the time. So I asked for number two on my Christmas list – one of those dolls that could wee – I got a 'no' for that one, too, but I was pretty happy with the pack of felt-tip pens I was given instead. That was just about all the thought I gave to being an only child when I was young.

But that changed when I went to university. When sussing out my new peers, having those conversations about where home is and what 'family' means, I began to pick up on strange remarks and sideways glances, looks of pity, surprise, and even disdain. There was the apparently innocuous, 'Oh, I never would've thought so!', intended as a compliment, as well as the snide dig, 'Oh, I thought so…' Once, I got a full-on, unapologetic, 'But you seem so normal!' – to which I could only say, appearances can be deceptive.

In the decade since, I've met women everywhere, from the gym to the office, who are mothers of only children and who have confided in me that by seeing I've turned out okay, they feel reassured their kid will be okay, too.



Moya, aged eight, with her mum and dad

'Mothers of only children have CONFIDED in me that by seeing I've turned out OKAY, they feel reassured their kid will be okay, too'

Those thoughtless comments and looks never made me feel angry or upset, but they did make me think twice about the people who made them. They had clearly judged me based on my background, rather than my character.

I found it by turns baffling and amusing that a stable family home that was loving and warm and nourishing could possibly be considered a disadvantage. I grew up blissfully unaware of this stigma, but over the years, I stitched all those comments together and now I get it. The stereotypical only child grows up lonely, spoilt and selfish, a kid as lacking in social skills as in hand-me-down clothes, who sits alone in the school canteen with nothing but her entitlement for company, and who doesn't know how to share a pizza.

Well, it's about time we got rid of that stereotype – and all the rest of them while we're at it. They reduce and »

simplify our humanity and they make the world more ugly – as well as being plain wrong. Half of British families now contain only one child, according to Office for National Statistics figures, the highest level in 80 years. It is becoming the 'new normal', the newspaper headlines roar, thanks to social and economic factors including increased living expenses, decreased housing options and women delaying motherhood.

IT MAY BE THE 'NEW NORMAL' FOR SOCIETY, BUT IT'S ALWAYS BEEN NORMAL FOR ME. I had just as much fun as my friends who had brothers and sisters – more fun than those with really annoying ones. My mum schlepped me to baby groups, toddler groups, dance classes and friends' houses. I played netball, I read, I wrote stories, I went shopping with my friends. I got bored, just like any other kid. We had quiet family holidays where I overcame my shyness and talked to other little girls at the swimming pool, who would go on to become pen-friends and then distant memories. We had big, noisy family Christmases, with cousins who would tickle me until I was laughing so hard I couldn't breathe.

'I find it baffling that a stable family home that was loving and warm could be considered a disadvantage,' says Moya

And yet, despite the rising numbers of 'onlies' like me, the stigma persists. I recently interviewed a TV presenter who became a mother in her forties and who told me, off the record, of her guilt at knowing her daughter would never have a brother or sister. More than anything I felt sorry for this woman, who clearly wanted the best for her baby, but tortured herself that she was giving her daughter a disability by denying her a sibling.

I told her my mum doesn't feel guilty, and neither should she – and I wish I could say it to all the other mothers who are beating themselves up about having 'only' one child. I told her about all the wonderful things that have filled the space in my life that might have been taken by siblings, like the cousins who are such close friends of mine they might as well be sisters, unflinching in their love and friendship. The fearlessness I learnt by necessity; all that practice on childhood holidays came in useful when I lived abroad as a student and had to start a new social life all on my own, going up to strangers and asking them out for coffee. And the contentment I find in spending time alone, whether it's dinner out at a table for one, or a night in the flat cooking for myself. That feeling of ease when on my own, comfortable with only my thoughts for company, gives me confidence and self-assurance. I know that only I can make myself happy – other people are just there to help me enjoy that happiness. I wish I could show that TV presenter, there's a big difference between only and lonely.

BUT THERE IS ONE THING THAT MAKES ME SAD, AND THAT, IF I DWELL ON IT, LEAVES ME FEELING LIKE I'M MISSING OUT. It's that I will never know the love of a brother or a sister. I will never have the bond that comes with that relationship, and I can see from my cousins and friends and boyfriend that there is no love quite like it; it is its own unique and beautiful connection. But I also know that it doesn't always work out that way for siblings – the relationship can also bring pain, resentment and a guilt all of its own. Besides which, if you spend your time totting up the love you're lacking rather than the love you have, you're counting the wrong love. And you should probably get a hobby.

Still, my partner and I have discussed it and decided that if we do choose to start a family, and we are lucky enough to be able to have a child, we'll stop at one. I know myself well enough at 29 to accept that I can't predict how I'll feel in five months' time, never mind five years, but I have felt this way for as long as I can remember, and my boyfriend feels the same.

If we have any, it will only be one. I want only one career break, like Hillary Clinton (might as well aim high); I want to be able to afford to go on holidays, and to be able to relax enough to enjoy them. I want to have a (relatively) tidy, calm home, where arms and parents outnumber children. I want the same relationship with my child that I have with my parents. I find my friends from big families often want to replicate the childhood they had growing up – as an only child, I am no exception.

Now, when my extended family gathers together to celebrate, it's my turn to tickle the next generation of cousins until they laugh so hard they can't breathe. Perhaps one day I'll be tickling my own child – we'll see – but whatever happens, I know that happy families come in all shapes and sizes, and there is no perfect, there is no normal. Whether you have a family of one, two, three, four or more, what matters is not numbers, but love.

For more on family relationships, go to REDONLINE.CO.UK

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TINA'S *next* BIG THING

Tina Brown, media guru and legendary party thrower, wants you to get 'hooked and moved' by her global feminist crusade, Women in the World. But, as Liz Hoggard discovers, her brand of campaigning is far from dull – this is one party you need to join

TRAILBLAZER

Tina Brown is taking me through her guest list. 'Hillary's been every year. She's great, very supportive. Angelina Jolie, Christine Lagarde, of course,' she taps a perfectly manicured finger by each name. 'In London we've got Meryl [Streep], Carey Mulligan, architect Zaha Hadid…'

Brown is the queen of networking. She helped invent the cult of celebrity when she edited *Vanity Fair* in the 1980s and 1990s, and has a reputation for throwing fabulous parties. For the launch of *Talk* (the magazine she set up with producer Harvey Weinstein in 1999), she famously took 1,000 guests, including Madonna and Salman Rushdie, for a picnic at the Statue of Liberty.

But Brown's latest venture isn't a showbiz party. Today her focus is the global advancement of women and girls, because this October she's bringing her feminist roadshow to London. She launched the Women in the World annual summit in New York in 2010 – with friend Meryl Streep as her co-host – as a forum for influential women to tell their stories. Now she's rolling out the format around the world.

Guests have included Oprah Winfrey, Sheryl Sandberg, Diane von Furstenberg and Pussy Riot. The calibre is no surprise – Brown's charm is legendary. When she wrote her bestselling Princess Diana memoir, *The Diana Chronicles*, in 2007, Brown persuaded 250 royal insiders to talk to her. I can see why. Within minutes of meeting in the private room above London's Wolseley restaurant, she is tapping me for ideas, seeking my opinion. Would Sara Pascoe be a good person to talk about the oversexualisation of young women at the London summit, she wonders? Bridget Christie would be great, too, but surely it needs to be someone still in the thick of dating?

Whenever I mention a book or play, she fires off an email to her team. You're almost falling over yourself to impress her. Because Brown is an icon for journalists. She became the editor of *Tatler* at 25, editor of *Vanity Fair* when she was 29 (remember Demi Moore naked and pregnant on the cover in 1991? That was Brown). Arguably she became more famous than the stars she covered. Aged 38, she was headhunted to edit *The New Yorker*, and in 2008 she made the transition from Hollywood glamour girl to digital queen, co-founding cult website *The Daily Beast*.

New York editors are terrifying. They eat minnows like me for breakfast. Yet the woman before me is softly spoken, even maternal, and apparently has a Bridget Jones streak. (Her daughter Isabel, 24, has said they are the type to turn up for parties wearing the wrong thing.)

During our interview, Brown confesses to a terrible habit of forwarding emails on to the wrong person. 'It's a nightmare,' she sighs. 'And then, of course, the forgotten chain at the end of the email, that's another »

killer. I've learned so much about things from people's scrolls. Most of it stuff I rather wish I didn't know,' she says dryly.

At 61 she looks fantastic – hot-pink jacket, fitted black dress, teetering snakeskin sandals, blonde hair immaculately coiffed. But also real. No nipping and tucking here. Brown loathes society's obsession with ageing. 'It's forcing women into this ghastly reworking of their faces, which is so ugly.' But then you sense this is a woman who is loved. Her famously passionate marriage to newspaper editor Harold Evans (they met when she was 22 and he was 47) has endured for 34 years.

'Our love for each other is so profound that we don't need to be possessive,' she tells me. 'I think sometimes women get stifled; Harry's never done that with me. He's incredibly loving but he's been incredibly helpful to me in my magazine work because he'll say, "I'll take you through this issue and tell you what's good and what isn't."' It is a marriage that accommodates change and independence. And Evans clearly knows better than to try to tame the whirlwind that is Brown.

Hillary Clinton is a regular at Brown's annual Women in the World summit in New York

Brown with her husband of 34 years, news editor Harold Evans, in 2013 and 1989

She's just flown into London from India, where she's preparing for another Women in the World summit. Brown started the summits after identifying a global women's movement and deciding America ought to be aware of it.

'The mix for Women in the World is created very much as I did *Vanity Fair*. If you have drama and fascinating foreign material, you need to follow it with something very accessible,' she says. Brown and her team scour the globe for extraordinary stories. Line-ups might include the mother of a runaway ISIS bride, an Israeli-Palestinian pair who share the pain of losing their sons, and Jon Stewart and Meryl Streep discussing women in film. She says people may buy a ticket to see the movie stars but come away reeling at the extraordinary activists she puts on stage alongside them.

But her genius has always been that mix of high and low culture. As she has said, 'I've always loved to create a sexy brain food, which combines provocative and interesting minds with people from the worlds of Hollywood and art, and mix it, really mix it.' And, yes, after the politics there will be great parties for people to network. It's in her blood, after all. Her father, George, was a writer and film producer whose former wife was the actress Maureen O'Hara; her mother, Bettina, was Laurence Olivier's PA.

'I've always loved to create a SEXY brain food, which combines PROVOCATIVE and INTERESTING minds with people from the worlds of Hollywood and art'

BROWN HAS ALWAYS DONE THINGS HER OWN WAY. Expelled from three boarding schools (once for writing a play that featured jokes about the headmistress), she went on to read English at Oxford, where she gained a reputation for fun. Tony Blair, an Oxford contemporary, wryly remarked that he was never smart enough to be invited to her parties. She dated a young Martin Amis, and in her final year managed to get a party she threw covered in the pages of *Cosmopolitan*.

When she wrote a series of articles about the American women's movement, her now-husband Evans, then editor-in-chief of *The Sunday Times* and married with children, called her in for a meeting. 'It was a great coup de foudre on both our parts,' is how she described it. People assumed it was a fling but they married in 1981. The only downside, she says, was hanging out with people twice her age. When she came to write her book about Diana, she could identify with the young princess surrounded by ageing courtiers.

From 1979 to 1983 she edited high-society *Tatler*, securing an interview and cover shoot with the elusive Princess Caroline of Monaco by hiding a note in a shoe box at Manolo Blahnik – she'd been tipped off the princess was coming in to try on a pair of gold sandals. By the time she took the helm of *Vanity Fair*, Brown was being presented as a glossy, ruthless figurehead. Privately, she used to throw up in the morning before going to work.

Later, when she was offered the editorship of *The New Yorker*, she had two children under five. How did she »

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EXCLUSIVELY AT BOOTS

On the Women in the World stage with Bill Clinton in 2011 and, below, with long-time supporter Meryl Streep

cope? 'It was backstage chaos,' she laughs. 'It was all about improvisation and then the nanny would get sick and the whole house of cards would collapse.' To her utter gratitude her parents moved into the apartment opposite to help with childcare. Her home life was especially pressured because her son George was diagnosed with Asperger's Syndrome. 'When you have Asperger's, you need things not to change. If I said I was going to be home at 6pm, I knew I had to be home at 6pm because it was so important to him.'

'We have to RESPECT each other's choices... The whole point of FEMINISM is that it's about CHOICE'

She explains that you rethink conventional notions of achievement when you have a child with a disability. Every little triumph means so much – for example, when George passed his driving test first time, or graduated from community college. Now 29, he is moving into his own apartment. 'He has a great three-day-a-week job. It's been a wonderful journey with him and hugely bonding for Harry and I because he's been so much part of our discussions. He's the sweetest, most loving boy.'

HUSBAND EVANS IS NOW 87, BUT BROWN SAYS HE STILL HAS THE ENERGY AND OUTLOOK OF A MUCH YOUNGER MAN. 'He's so modern, my husband – he swims 70 lengths a day, writes, reads everything. Completely hip to what's going on in every way. He's always been this empathetic, news-driven, morally strong person. I think I've changed much more because I was very young when we met. I've become more interested in things that he's interested in.' She jokes her mother said the great thing about marrying an older man is they think forever that you're a teenager – so in his eyes she's still 22.

While they've lived in New York for over 20 years, Brown says they lead a surprisingly unglitzy life, and are obsessed by *Borgen* and *Spiral* on Netflix. 'They're showing women as they really are, not made over and made up. I love the way the cop in *Spiral* has a scruffy ponytail and looks like she hasn't had a shower in the last couple of days. That's a look you'd never see on American television.' She remains an Anglophile, too – she loves Mary Beard ('an incredible voice') and JK Rowling ('she's stepped right outside the novelist's box and become a public intellectual').

Brown has also known failure, of course. Her style of editing costs a lot of money. After 9/11, Weinstein closed *Talk*. When she parted company with *The Daily Beast*, there were huge losses. Her greatest skill is her ability to keep adapting. Hence the global summits, which have clearly been hugely satisfying.

She says presenting female activists on stage 'like rock stars' helps women in America reignite their feminism. 'It's like, "Wait a minute, we'd forgotten how much still has to be done." And that leads a lot of women in America to think, "What am I doing with my own life?" My daughter is 24 and all her friends are strong feminists. It's now very, very cool to be a feminist.'

She admires big stars like Streep (who is, she says, incredibly hands-on with the summits) for prioritising family life alongside their careers, but says firmly the 'terrible warfare' between people who have children and those who don't has to end. 'We have to respect each other's choices. If you choose to stay home with your kid, whether you're a man or a woman, that's your choice. The whole point of feminism is that it's about choice.'

Brown is very close to her daughter Isabel, who works in PR, and proud of the achievements of 'Generation Katniss', though she worries about the selfie culture. 'Is hyper-sexuality really empowerment for young women?' she wonders. 'Sometimes, they're contracting out of sex altogether. I see it with my daughter's friends. My daughter has a great sense of humour, so she just makes fun of it. She wrote a piece recently about how she wants to be 61 so she can stay home with her books and not feel it's uncool.'

Brown plans to bring out an autobiography, *Media Beast*, about her time on glossy magazines. But she seems far more interested in her young 'rock stars' – such as the young Indian woman who has invented a type of paper that keeps food fresh in areas where there's no electricity. 'I'm always thinking, how can we get people engaged with these kind of stories?'

She hopes Streep's new movie *Suffragette* will educate a new generation. 'And we're seeing the formation of the new Women's Equality party with Catherine Meyer and Sandi Toksvig, which I think is terrific.'

As for cynics who think she's jumped on a fashionable bandwagon, 'What brought me into this originally was not that I was a big crusading feminist,' she admits. 'But I was just hooked and moved by the stories. I'm a storyteller.'

The Women in the World London summit is at Cadogan Hall, London, October 8th-9th; @WomenintheWorld #WITW. For more information and tickets, visit nytimes.com/womenintheworld

For coverage of the Women in the World London summit, visit REDONLINE.CO.UK

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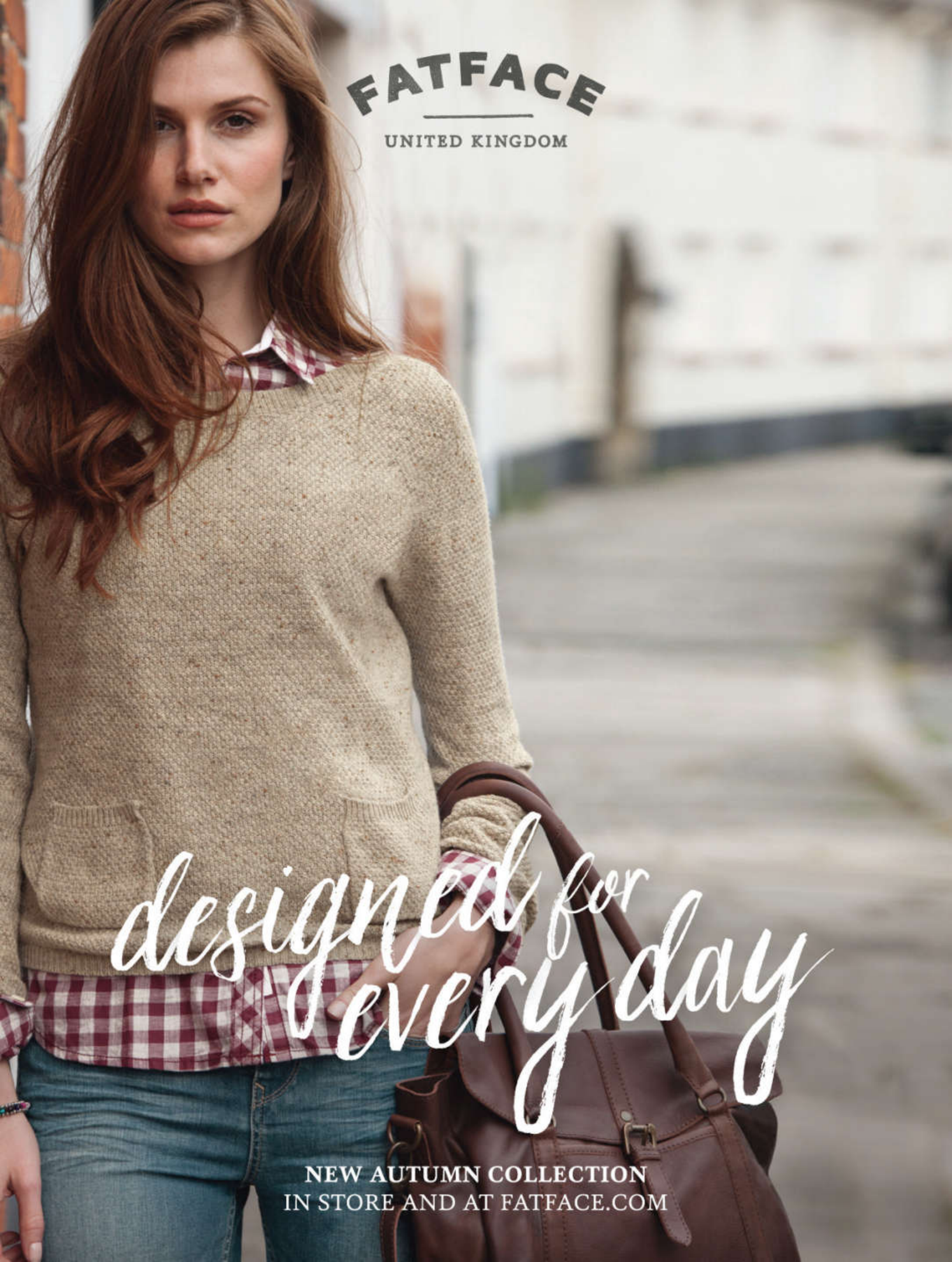
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Red SMART women WEEK 2015

WAYS TO *WORK* SMARTER

We believe every woman can thrive at work. That anything is possible with nurturing support networks and a chance to connect with amazing women. This is *Red*'s manifesto for working smartly, celebrating those who embody that 'do it your own way' spirit. From the innovator who wants CEOs to mingle with interns to the business-supplies saleswoman who shares the secrets of how she turned her idea into a multimillion-pound business (clue: she invented Spanx). PLUS join us at Smart Women Week, five days of talks and sessions with the most brilliant women we know. Be inspired to make your work-future work for you. »

Illustration Assa Ariyoshi

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Simona Barbieri, far right, runs a global networking business from her home in London

NETWORKING

JOINING THE DOTS

In an increasingly digital age, Simona Barbieri is championing the power of chatting. Natasha Lunn meets an innovator transforming the way women network

Photograph CHRIS FLOYD

IT'S A BALMY NIGHT IN JUNE, ONE OF THOSE GLORIOUS EARLY SUMMER EVENINGS THAT'S FULL OF POSSIBILITY. One hundred or so women are juggling glasses of wine and career anecdotes in a hip east-London courtyard. As the sun falls, laughter bubbles and rises in the air. Young fashion entrepreneurs share their hopes and dreams with venture capitalists, which wouldn't be quite so unusual except for the fact that, until tonight, most of these women were complete strangers. But there rests the magic of Hub Dot – a networking company that's transforming the way women all over the world connect.

It all began three years ago, when ex-Goldman Sachs event organiser, jazz singer and mother-of-three Simona Barbieri invited 98 friends for coffee – in this digital age, she wanted to harness the power of face-to-face friendships. As guests arrived, she encouraged them to choose one of five coloured dots to wear – green: 'I'm here to be inspired'; yellow: 'I have an idea. Can anyone help?; blue: 'I'm here to socialise and shop'; red: 'I'm established (in my career/business/motherhood)'; and purple: 'I want to tell you about (my story/work/charity)'.

Her goal? To strip away job titles and formalities in order to connect the dots between her friends. The coloured stickers broke the ice: as women put the world to rights over espressos, something clicked. At the next event, 480 people turned up; today, Hub Dot has 16,000 members in 13 cities around the world.

> 'I believe all women can HELP each other, from the waitress to the CEO'

Impressive stuff, especially as many of us baulk at the idea of 'networking' – but Barbieri, 48, loathes the word, too. 'It reminds me of turning up to events with business cards and feeling under pressure to impress. I always left feeling completely inadequate, like I'd failed in some way.' It's hard to imagine that. Barbieri has an Oprah-meets-Miuccia Prada air about her – she wears her warmth with both gravitas and an endearing lack of pretension.

At tonight's event, a sea of Hub Dotters are vying for her attention: 'Simona!' one waves. 'Ciao, bella!' she replies with open arms, not for the first (or last) time this evening. She is a natural connector, but there's something special that marks her out from your average social butterfly: authenticity. Barbieri and her team are genuinely interested in ensuring the women in this room leave with a life-changing business card in their pocket. It's Hub Dot's USP, and I witness it first-hand when a nervous wannabe entrepreneur asks the room for advice. Her pitch is vague, but Barbieri steps in like a reassuring »

Simona wears: Top, Boss at Fenwick. Shoes, Jimmy Choo

fairy godmother: 'Tell the room what you need and we'll find someone who can help you.' She turns to face the room: 'Ladies, if you can't help this woman, think of someone who can.'

By now, anyone who arrived with nerves or anxieties has shed them. The room fizzes with anything-could-happen energy, which Barbieri calls 'dot alchemy' – when 'two women wearing dots connect at a specific time, and a transformation happens'. She's not exaggerating – at one event, an entrepreneur secured on-the-spot investment of £100k, from a woman who fell in love with her idea.

What is it about Hub Dot, I wonder, that empowers people to let their guard down? To tell their stories to strangers? A week later, at her kitchen table in London's Parsons Green, from where she still runs the company, Barbieri tells me she thinks it's because Hub Dot encourages women in different industries and at different stages of their career to connect. 'Too often at corporate networking events we are glued to our job titles,' she says. 'But with the dots, those labels slip away. People laugh at me because I always say I don't want to "lean in", Sheryl Sandberg-style – I want to recline the chair. I believe that if you decide to leave a job in the city because you know you'd be happier working in a bakery, you shouldn't feel any pressure not to do so.

'Society gives us these unrealistic role models, especially in business, which don't take into account that a lot of women don't want to be in a boardroom. We should celebrate all of their choices. I believe they can all help each other, from the waitress to the CEO.' And that's why so many

Barbieri in action at one of Hub Dot's networking events

women are drawn here – Hub Dot pulls these groups of women together, quashing the myth that we need to tread on each other to get to the top.

Currently, Hub Dot doesn't make a profit (its 43 staff are all passionate volunteers), but I get the impression that is about to change. The company has just secured a £150k investment and has its sights on an e-commerce arm and an online platform that will link up women who have attended its events all over the world.

From just one coffee morning, Barbieri has grown a powerful global network, and she is as surprised as anyone. 'Perhaps it's me!' she laughs. 'I mean, I'm imperfect. Maybe that makes everyone else feel like there's no judgement in the room. To be honest, I don't know what it is, I'm just thrilled that this crazy idea has touched the hearts of so many women.'

Wherever the 'dot alchemy' comes from, with all the challenges we face at work – the gender pay gap, deep-rooted sexism, the barriers stopping mothers from progressing – I leave Barbieri's house feeling happy that one woman has carved out a little space where we can learn from and lean on each other. And that's a pretty good place to start. *Hub Dot's Transformational Journey of Motherhood event is on September 30th; hubdot.com*

What Simona Barbieri doesn't know about networking isn't worth knowing, and she'll be sharing her insights in an exclusive event at **Red's Smart Women Week house** on **September 24th**. Book your place, and find out more about our packed schedule of Smart Women Week events, at Redonline.co.uk/SmartWomenWeek

Red SMART women WEEK 2015

SEPTEMBER 21ST-25TH

How to start your own network

When freelance journalist Phoebe Lovatt, 27, moved to LA from London three years ago, she had to build relationships from scratch. 'LA is very spread out, and a lot of people freelance, so it can be quite a lonely place if you let it,' she explains. Instead of dwelling on the friendships she missed, Lovatt decided to create a space where women like her could connect, share ideas and inspire each other – and so The WW (Women's Working) Club was born. Its aim? 'To help women feel part of a support network,' says Lovatt. 'I wanted to provide a place for women to knock around ideas for work, or creative projects they want to get off the ground. And to shine a light on the innovative things women are doing.' That's exactly what the club has been doing since it launched in January, through a series of 'work parties' in LA, New York and, more recently, at London's Ace Hotel. These free weekly events, each with a panel of clued-up speakers, link together 50 or so creative women who might otherwise have been working alone at home. While the club has a digital presence (via podcasts and a blog), Lovatt believes its success is testament to the power of physical events: 'That feeling you get when you're in a room with other women is so inspiring.' She's right – sitting in front of her, hearing about the network she set up on her own, I feel like I can do *anything*. But where to start? 'Find your tribe,' Lovatt tells me. 'I truly believe that sharing ideas and inspiration with women like you, who have similar ambitions and attitudes, is the best way to build your personal network.' *NATASHA LUNN*

Find out more at thewwclub.com

Hair and make-up Lindsey Poole, Rachel Jones at Terri Manduca and Ami Penfold at LHA Represents. Styling Lauren T Franks

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HOW TO GET TO THE TOP (BY THOSE WHO ARE ALREADY THERE)

Don't give up, keep secrets and do your homework: that's the key for success, say these five high achievers. And when these guys talk, we listen

Illustration ASSA ARIYOSHI

WHAT'S THE BIG SECRET TO A THRIVING CAREER? According to Gillian Zoe Segal, who set out to learn just that from some of the world's highest achievers in her new book *Getting There*, it's never giving up. Segal calls *Getting There* her 'book of mentors', and it's packed with insights we can all learn from. Success 'can be achieved by a variety of personality types, and there are many roads to get there', says Segal. While the mentors in her book undertook very different journeys, they all faced obstacles and setbacks along the way. And their stories taught Segal that 'careers have several chapters, and you don't need to know exactly where you want to end up when you start'. Here, our favourite tips, starting with the woman who got us wearing Spanx...

Don't fear failure

Sara Blakely, founder, Spanx

One day, after seven years of selling fax machines, something fortuitous happened. In the hope of looking better in my white trousers, I cut the feet out of a pair of tights and substituted them for my underwear. The moment I saw how good my bottom looked, I was like, 'Thank you, God, this is my opportunity!' I would create a unique type of shapewear, something that would be comfortable and invisible under clothes but would still perform the magic of a girdle. It was the business I had been mentally laying the groundwork for all this time.

For the first year I kept my idea a secret. That was my gut instinct, and is now my best advice. Ideas are the most vulnerable at the moment you have them; that's also the time people are inclined to seek validation. Discouraging remarks will make you spend time defending your idea instead of going for it. I worked on Spanx until I felt I had enough of myself invested that I wouldn't turn back. When I finally told my friends and family, they laughed hysterically. Out of love, I heard things like, 'If it's a good idea why haven't the big guys done it?' I told them, 'You may be right, but I've spent a year researching this, patenting it and creating the package. I'm on my path and I'm not getting off now.' If I had told my friends and family about Spanx early on I'd still be selling fax machines.

I began by calling the local mills but they either laughed or said it would never sell. So I drew on

> 'DEFEAT is life's way of nudging you and letting you know you're OFF COURSE'

a lesson I learned during my cold-calling days: face-to-face makes a huge difference. I took a week off work and popped by many of the mills that had rejected me via phone. I would sit in their lobby and wait to speak to the owner. I usually got about five minutes to make my pitch but, once again, no one was interested. A few weeks later a mill owner in Charlotte, North Carolina, called and said, 'Sara, I've decided to help make your crazy idea.' When I asked him why he had the change of heart, he replied, 'I have three daughters.' I think he was won over by my passion and had developed a soft spot in his heart from imagining his daughters in my shoes.

I believe defeat is life's way of nudging you and letting you know you're off course. There's always some hidden opportunity or lesson in each episode – a chance to build your character. Spanx wouldn't exist if I had aced my exams.

From cold-calling I learned you have 15 seconds to capture someone's attention – but if you can make them smile or laugh, you get an extra 15 to 30. When I invented Spanx, I needed to somehow inspire people to talk about tights, one of the world's most boring topics. By infusing humour »

(from naming it Spanx to writing 'We've got your butt covered!' on the package), I turned my product into something people love to joke about.

I can't tell you how many women say to me, 'I've been cutting the feet out of my tights for years. Why didn't I end up being the Spanx girl?' The reason is that a good idea is just a starting point; everybody has a multimillion-dollar idea inside. Thomas Edison said, 'Genius is 1% inspiration and 99% perspiration.' The same holds true for innovation and entrepreneurialism. The combination of not being fazed by the word 'no', tinkering with comedy, visualising the product and not being afraid of failure was critical for the success of Spanx. I was prepared to perspire for this opportunity.

Chase what you love

Stacey Snider, co-chair, 20th Century Fox

Put yourself in a position to discover what you love. Many students are so focused on getting the right grades it barely gives them the chance to try something zany. I studied Russian history and it's no coincidence a lot of the movies I've worked on (*Lincoln*, *Gladiator*) have involved historical figures. If I hadn't allowed myself to venture off the beaten track I wouldn't have discovered an enthusiasm for something unexpected.

WORK LIKE CRAZY

Rachel Zoe, stylist

Be prepared to work hard for everything you want. Nothing is easy – and when something appears to be, there's usually a lot of work that's gone on behind the scenes. I sat next to an editor-in-chief of one of the biggest magazines in the world at a fashion show in Milan a few years ago. She said, 'I feel like you just sort of came about. All of a sudden you're sitting front row, next to me, at all of these shows.' I thought, 'Just came about? I have been working like crazy for the last 15 years!'

Do your research

Matthew Weiner, creator, *Mad Men*

When you have a meeting with somebody, look that person up and know everything you can about them. It's pretty effortless and can pay dividends. It's basic, but for some reason it took me forever to get it.

DITCH THE BULLSHIT

Marina Abramovic, artist

It's important to put the idea of dying in your daily life because it helps you appreciate your existence. Death can come at any second and change everything. People spend endless time on total insanity, thinking they will be here forever. Life is temporary. Make every day meaningful and don't spend time on bullshit.

Getting There: A Book Of Mentors by Gillian Zoe Segal (Abrams Image, £15.99)

Red SMART women WEEK 2015

SEPTEMBER 21ST-25TH

SOME OF THE SMARTEST MENTORS WE KNOW WILL BE JOINING US IN *RED*'S SMART WOMEN WEEK HOUSE FOR MENTORING SESSIONS AND MORE. FOR DETAILS, TURN TO PAGE 150, OR VISIT REDONLINE.CO.UK/SMARTWOMENWEEK

Photographs Getty Images, Rex Features

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A WOMAN OF HER WORD

Natasha Lunn is inspired by a woman fighting for gender equality with the sharpest weapon we have: words

Stories have power. They have potential to knit communities, grow ideas and change the way we see the world – and the people in it. Which is why, after facing discrimination in a male-dominated company, film-maker and feminist blogger Erin Bagwell, 28, decided to harness storytelling to address a very modern problem – gender equality in the workplace.

The first chapter of Bagwell's story began when she felt discriminated against by her male bosses at a corporate firm in New York. 'The sexism I experienced was blatant,' she says. 'It stung. And yet it was too difficult for me to tell HR that men in the office were talking about my hair and weight, calling me "sweetheart" and overlooking me for promotions.'

The insidious nature of the discrimination left her feeling she couldn't complain, crushing Bagwell's spirit. 'I stopped speaking up in meetings. I even started wearing baggy clothes as I wanted to stay out of the spotlight,' she says. 'I felt like I wasn't allowed to speak up.'

But eventually she did speak up, in a different way: instead of marching into HR, she dealt with her 'terrible work culture' by starting *Feminist Wednesday* two years ago – a newsletter aimed at empowering women through storytelling. 'I came up with the idea after emailing inspiring articles to my girlfriends,' says Bagwell. As she read about the achievements of 'badass women', their stories brought her strength at a time she needed it most.

Bagwell decided other women would also benefit from a regular boost of this make-it-happen mood, so she began sharing the experiences of incredible women she knew, and

Feminist blogger and director Erin Bagwell

'We all have this DRIVE and ambition that we're told from a young age is NOT LADYLIKE'

the battles they'd overcome, in a biweekly newsletter. And what began as an email every other Wednesday fast became a community. 'I realised so many other women, like me, were battling sexism and needed to hear these stories,' she says. 'They gave people a little leg-up.'

Next, Bagwell asked her mum, aunt and friends to share their experiences. Then their friends. Then their friends' friends. The newsletter soon grew into a blog, for which a small team of 'feminist warriors' now select stories that highlight women's successes. The blog's aim? To unify and motivate women to chase their dreams.

But Bagwell's story didn't end there. Up until that point she had never seen herself as a leader because, in her old firm, every senior position was filled by a man. But the stories of ambitious women who were setting up publishing houses, underwear lines, even an oil company, helped propel her forwards. 'I believe there is real power in seeing someone you can relate to in a leadership role.'

Eventually, the women's stories Bagwell unearthed led to the next chapter in her life – directing and producing *Dream, Girl*, a Kickstarter-funded documentary that's being championed by TED and Clinique, and is set to be released early in 2016. Through *Dream, Girl* – which celebrates female entrepreneurs – Bagwell hopes to inspire others and change the perception of women in the workplace.

Ask Bagwell why she embarked on this quest and her eyes light up. 'I feel like we all have this drive and ambition that we're told from a young age is not ladylike,' she tells me. 'And I love stripping that away and seeing women on fire. I think it's so exciting when we take a step back from how we're supposed to act, and just be who we are.' Amen to that.

Enter Clinique's global search for the next 'smart' idea in partnership with TED, at smartidea.clinique.com/uk

WANT TO CHANGE YOUR WORK STORY AND DO WHAT YOU LOVE?

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Photograph Taylor Jewell

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Red SMART women WEEK 2015

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WOMEN for WOMEN

Photographs Getty Images

NEW EVENTS ADDED WEEKLY. SIGN UP FOR UPDATES AND RESERVE YOUR TICKETS AT REDONLINE.CO.UK/SMARTWOMENWEEK

Red SMART women WEEK 2015

MONDAY 21ST

Breakfast

THE FUTURE OF WORK

Decoded's Kathryn Parsons and Claire Burge, CEO of This is Productivity, share their strategies for jobs of the future.

Lunchtime

BUSINESS MENTORING WITH KELLY HOPPEN MBE

Join the designer for the most useful business lunch you'll ever have.

Afternoon

IN CONVERSATION WITH TESS DALY

Meet PANDORA's ambassador, who'll talk career highs and life successes.

Daily

Head to Redonline.co.uk for an online wake-up yoga class with Nadia Narain and celeb pupils Jools Oliver and Lisa Faulkner

TUESDAY 22ND

Breakfast

BEAUTY WORKSHOP WITH FLORRIE WHITE

The Clinique make-up artist and *Red*'s beauty team will be sharing their beauty know-how and insider secrets.

Lunchtime

PR MASTERCLASS

A mentoring session with Jenny Halpern, founder of one of the UK's leading PR agencies.

Evening

SHOPPING EVENT AT FENWICK

Join the *Red* fashion team for shopping and drinks at Fenwick of Bond Street (see page 66).

Evening

YOGA WITH MADELEINE SHAW

Get The Glow's Madeleine Shaw is holding an exclusive yoga class. Join her!

WEDNESDAY 23RD

Breakfast

COOKERY CLASS WITH NATASHA CORRETT

Honestly Healthy's creator showcases her delicious recipes.

Lunchtime

IN CONVERSATION WITH JANE SHEPHERDSON CBE

As CEO of Whistles, she is both an entrepreneur and style innovator. She talks business and fashion.

Lunchtime

MAKE YOUR BUSINESS FAMOUS

...with Liz Matthews, the publicist who's guided the careers of Alexa Chung et al.

Evening

SUPPER CLUB

Sasha Wilkins, founder of libertylondongirl.com, will be cooking up a feast.

Cocktails

WRITING NIGHT

For any aspiring novelists, authors Bryony Gordon and Tasmina Perry will be sharing their best advice.

THURSDAY 24TH

Breakfast

UNLOCK YOUR CREATIVITY

Turn your talent into a business with a former Burberry designer, the head of design at Liberty and the design director of Cath Kidston. Unmissable.

Lunchtime

MAKING CONNECTIONS MASTERCLASS

Learn the art of networking over lunch with Hub Dot's Simona Barbieri (see page 139).

Evening

COCKTAILS AND PAMPERING WITH CLINIQUE

Clinique's parlour will offer makeovers and so much more.

FRIDAY 25TH

Breakfast

SOCIAL-NETWORKING WORKSHOP

Master social networking with *The Telegraph* women's editor Emma Barnett, author Sali Hughes and editor of about timemagazine.co.uk Angelica Malin.

Lunchtime

IN CONVERSATION WITH CANDACE BUSHNELL

The *Sex And The City* author will talk love and writing advice – over lunch.

Afternoon

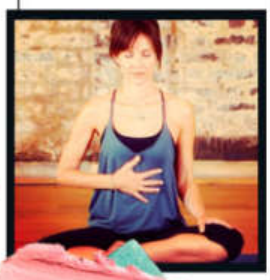
WELLBEING WORKSHOPS

Feel-good sessions on nutrition and health, plus yoga and meditation classes with Gold Collagen.

Afternoon

BUILD A GLOBAL BRAND

PANDORA's retail and marketing team share tips on creating a successful brand.



FROM FAR LEFT: Jools Oliver; Madeleine Shaw; Tess Daly; Janvi Patel; Kelly Hoppen; Nadia Narain; the event will be held at London's PANDORA townhouse

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Looking for your signature fragrance? Combining the best in rare, exotic ingredients and one-of-a-kind blends, Molton Brown's four new luxury eau de toilettes are your go-to autumn aromas

When London perfumery experts like Molton Brown craft new scents for their iconic collection, it's time to get excited. Adding four new eau de toilettes this month, each fragrance is designed to inspire the senses. Blending the most sought-after ingredients from around the world, the new scents are expertly created with intricate top, heart and base notes.

Ylang-Ylang, Heavenly Gingerlily, Orange & Bergamot and Bushukan will be joining Molton Brown's iconic fragrances – Re-charge Black Pepper, Fiery Pink Pepper, Blossoming Honeysuckle & White Tea and Mesmerising Oudh Accord & Gold. No matter what type of aroma you're after, from resonant woody and sparkling citrus to feminine floral and sensual oriental, Molton Brown have a fragrance family to suit you.

Skilfully created in collaboration with expert perfumers and blended with natural extracts, the fragrances are sophisticated, complex and totally unique.

For a citrus scent, Orange & Bergamot is fresh and bright, with zesty notes which transport you to the lush Sevillian orange groves of its origin.

For men, Bushukan is the classic, clean citrus scent to awaken the mind. For something feminine and alluring, escape to Tahitian shores with Heavenly Gingerlily, which beautifully marries tuberose and lily with ginger and real rose oil in the top and heart notes. Lastly, Ylang-Ylang embodies the rich, floral oriental fragrances of sun-drenched rainforests, with freshness from the lemon oil and bergamot, warmth and spiciness from the ylang-ylang oil and romantic floral notes from sweet orange flower and rose.

Discover the collection at Molton Brown stores and moltonbrown.co.uk

> 'Mesmerising Oudh Accord & Gold is a fragrance with dark complexity. Constructed around oudh's leathery notes and sensualised by honey and tobacco, its floral heart contrasts with its mysterious saffron base'
>
> PHILIPPE BOUSSETON, TAKASAGO

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Fragrance mapping

Always opt for a particular fragrance family? Pick your perfect essence...

FLORAL
Blossoming Honeysuckle & White Tea (with honeysuckle and heliotrope) and Heavenly Gingerlily (with tuberose).

ORIENTAL
Ylang-Ylang (with musk, cardamom, ylang-ylang flower and jasmine).

SPICY
Fiery Pink Pepper (with ginger, pink pepper, freesia and patchouli) and Re-charge Black Pepper (with vetiver grass, black peppercorn plant and lemon oil).

WOODY
Mesmerising Oudh Accord & Gold (with cinnamon, oudh accord and elemi oil).

CITRUS/ FRUITY
Orange & Bergamot (with bergamot, musk, orange and neroli) and Bushukan (lemon, bushukan, peppercorn plant, tolu and cedarwood).

ANDREW SCOTT – *not your average LEADING MAN*

Not many actors can steal a scene from Benedict Cumberbatch – but Andrew Scott can. From Sherlock's nemesis to the rumoured baddie in Bond, he tells Rosamund Dean about his brilliant career

Photographs HAMISH BROWN

It takes quite a talent to out-charisma Benedict Cumberbatch. But when Andrew Scott strutted into *Sherlock* as his arch-nemesis Moriarty, that's exactly what he did. Think of the best scenes in the BBC's glossy, talent-crammed series: the swimming pool, the rooftop. They're all about his utterly deranged, wild-eyed evil genius.

Today, Scott is stoically smouldering for the camera in a cosy jumper on a sweaty summer day in the stuffy top room of an east London members club (ah, the trials of shooting for an autumn issue in midsummer…).

Theatre buffs will have known the 38-year-old's work for years. He is a card-carrying, Olivier Award-winning thesp, having trod the boards at the National Theatre, The Old Vic and even on Broadway. But, to my immense relief, Scott is no earnest artiste who only wants to talk about his 'process'. As we peer inside a room full of ornate furniture and terrifying taxidermy, looking for a quiet spot to do our interview, he remarks in his Irish burr, 'It's a bit *Sherlock* in here, isn't it?'

It turns out he's just as much of a fan boy as anyone else, and will spend hours meeting admirers at *Sherlock* conventions. 'I don't think there's anything "better" or more worthy about doing a play in the fringe,' he says. In fact, he admits, it's nice to be able to tell his parents he's going to be in something their friends will see. Like the 24th Bond film, *Spectre*, in which he was cast after working with director Sam Mendes on Broadway.

'I was at home when I got the call and rang my parents right away,' he laughs. 'They were delighted. I've done »

Andrew Scott photographed for *Red* at The King's Head members club in east London

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a lot of experimental theatre, so I say I'm doing a play at the Royal Court and they're like, "Oh…" [does a look of feigned interest]. But everybody has at least heard about Bond.' He pauses, perhaps feeling he hasn't credited his parents with much theatrical nous, before adding, 'Although my mum does like a bit of experimental theatre…'

Alas, he can't say much about *Spectre*, nor the new series of *Sherlock*. (Believe me, I tried.) 'I seem to be in the habit of doing projects I can't talk about,' he sighs. 'Plot is everything in Bond. You don't want to give the fun away.'

Can he at least tell me about his character? 'I play the head of an organisation called the Centre for National Security. It's about ethics and how the new world of surveillance compares with the old world of surveillance, and the tension between them.' He pauses. 'And *that* is officially all I can say.' I joke that he's reading from the Bond Official Line Handbook and he affects a robot voice: 'This. Is. The. Official. Line.' He laughs. 'Although I can tell you that I get to have lovely suits and a nice desk.'

Scott is a fizzing ball of energy who never sits still. He's already changed out of the shoot clothes and is back in his own bright-yellow T-shirt. The polar opposite of sharp-suited psychopath Moriarty. Those deep-brown eyes, dark and menacing on screen, are warm and welcoming in the flesh. And his enthusiasm is a breath of fresh air in what can be a stiflingly sneering industry. For this he credits 'where I come from, where friendliness and being open towards people is just part of the culture'.

> "Just because I'm gay doesn't mean I have to WANT to get married now… It's about having the same OPTIONS as everyone else"

Born and raised in Dublin, Scott started acting when he was eight. For adorability overload, google the Flahavan's porridge advert he did in the 1980s. But I'm surprised when I hear what he bought with his first paycheque. 'A bunk bed,' he says, proudly, 'with a desk built into it.' Seems a very sensible purchase for an eight-year-old. 'Telling, isn't it?' He laughs. 'But it's not as if it was a beautiful mid-century desk… It was cool!' He pauses. 'Okay, maybe that is a bit strange.'

Despite this early start, his parents weren't pushy stage-school types (his mum was an art teacher and his dad worked as a manager at an employment agency), but they were relaxed about him following his passion. 'They were really good about it, because it wasn't like *professional* acting. I just did a couple of ads. Bought some table lamps…' More riotous laughter. 'Some linens…'

Like many actors, he says he was shy at school and was nudged towards acting as a way to bring him out of his shell. For the past two decades, he has been in the cushy scenario of working steadily but flying under the radar. But then came *Sherlock*, Mark Gatiss and Steven Moffat's BBC drama, starring Benedict Cumberbatch.

'I was thrilled when I heard they had cast Andrew,' Cumberbatch tells me over email. 'I'd been a fan of his stage work for years and knew him a little socially through mutual friends. As an actor, his choices are always alive and unexpected. But, even better than being a fierce and unique talent and raising my game, he is a true friend. We laugh. A lot! And the day always feels lighter when he's around.'

Landing the role dramatically changed Scott's life, since the intensity of fan worship levelled at *Sherlock* is the type usually reserved for boy bands, or *Twilight*. Benedict and his Cumberbitches are the tip of the iceberg. There are people with tattoos of Sherlock's face, and fan fiction in which Sherlock and Moriarty (known as Sheriarty in certain circles) have an affair. In a nod to the fans, the last series included a fantasy sequence in which Cumberbatch and Scott leaned in for a kiss… and the internet exploded.

Scott fully embraces the madness. 'There's this assumption about fans that they're nuts. But they're people that are really passionate, and I like that,' he says. 'Everyone has that when they're young and as we get older that passion – that *real*, all-consuming passion – gets knocked out of you and you become cynical.'

Fame, which Scott succinctly describes as 'a load of bollocks', has its perks. You get to wear some good clothes, and have more options work-wise. But, with a high-profile role comes intrusion into his private life. The tabloids made a song and dance of his 'coming out' two years ago, after the first time his sexuality was mentioned in an interview. But it's not something he has kept secret. He's just in the »

Andrew wears: Jumper, Other. Trousers, Paul Smith. Socks, Pringle. Shoes, Jimmy Choo

'Vulnerability is your greatest power,' says Scott

tricky situation of wanting to be open about his sexuality, but not wanting to constantly talk about it. 'I don't spend my time with my family or my friends talking about this, you know. They don't ask me, "How are you getting on, being gay?"' So it's just a balance.'

Scott lives with a long-term partner in London and that's all he'll say about his relationship. At one point, it feels like I'm playing a fiendish game of Guess Who?. Does he have a normal job? 'He doesn't have a *normal* job.' So is he an actor? 'No, he's not an actor…'

He starts to tell me he doesn't think people care and, when I raise an eyebrow, he concedes, 'I think they *start* to care once you start talking about it. So I don't talk about it.'

But he'll happily talk about the Irish referendum on gay marriage, for which he went home to Dublin earlier this year. 'People came out in droves, from all backgrounds, to vote for love,' he says, looking genuinely moved. 'And that's essentially what it is. It also meant the idea of being gay or bisexual was discussed by families all over Ireland. So it was no longer talked about in hushed tones. Bringing it out in the open, and for it to have a result like that, means it has changed something in the genetic make-up of the country. I don't think the full depth of what has been achieved there has even unfolded yet.'

For a moment, it looks as though he's close to tears and he tells me that would be pretty standard. 'I cry all the time,' he confesses. 'But I don't think it's a sign of weakness. Vulnerability is your greatest power.'

So now that Scott and his mystery other half can marry in Ireland, would he want to? 'I'm not sure I would actually,' he says, adding, for him, that's not what the referendum was about. 'Just because I'm gay doesn't mean I have to want to get married now. It's just an option. But it's about having the same options as everyone else. So now a gay person has a right *not* to get married.'

Scott's varied career includes straight and gay characters, and those of indeterminate sexuality, which is notable only for the fact he doesn't feel the need to shy away from gay roles for fear of being typecast. He starred alongside Ben Whishaw in the Olivier Award-winning *Cock* at the Royal Court Theatre, and as Dominic West's less flamboyant partner in last year's Britflick *Pride*. 'So many people have come up to tell me how much they loved *Pride* and how moved they were by it, so that's been really lovely.'

As for the next few months (apart from the small matter of Bond and *Sherlock*), he stars in *Victor Frankenstein* with James McAvoy, *Alice Through The Looking Glass* with Johnny Depp, and a big-screen adaptation of children's book *Swallows And Amazons*. Then there's a role in BBC Two's forthcoming Shakespeare spectacular, *The Hollow Crown*, which co-stars his old mucker Cumberbatch. To say he's in demand would be an understatement. So, I'm interested to know, how's the old work/life balance going?

'I've got quite good at that. I just had a holiday in the Cotswolds. I'm better at saying no to things now.' He grins. 'Although I've always been able to have a good time.'

He answers a call from the driver that has come to collect him with a cheery 'Sorry to keep you waiting, my friend!' and hops up on the window ledge to see where he is. And with that, he's off, throwing smiles and thanks at everyone he passes. We might know him as an evil mastermind, but the real Andrew Scott is anything but.

Spectre is out on November 6th, Victor Frankenstein on November 27th, and Sherlock returns to BBC One with a Christmas special in December

Find Andrew Scott's Best Things in Life at REDONLINE.CO.UK

Andrew wears: Shirt, trousers, both Paul Smith. Grooming Victoria Bond at Caren. Styling Lauren T Franks

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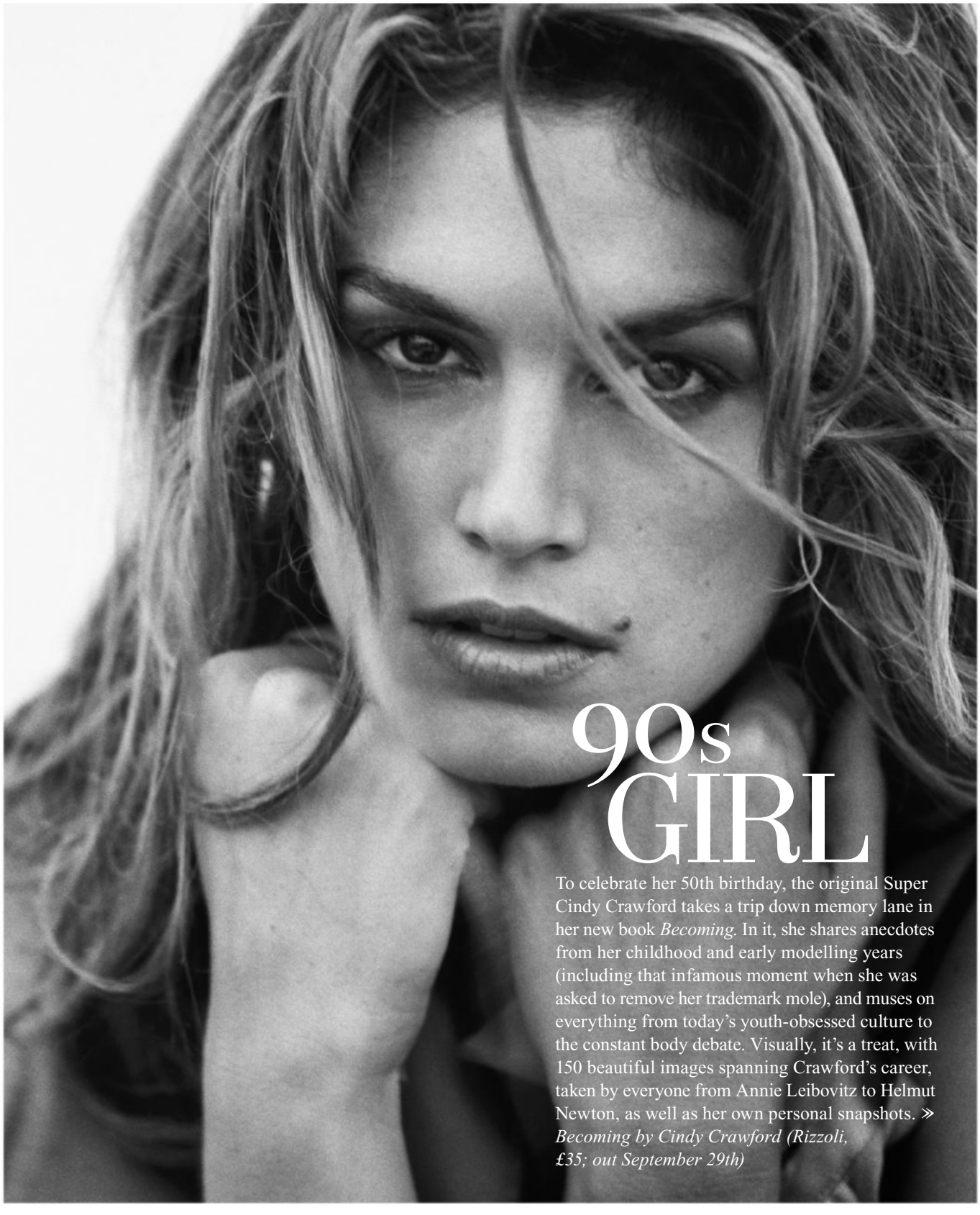
Reads

Edited by HANNAH DUNN



90s GIRL

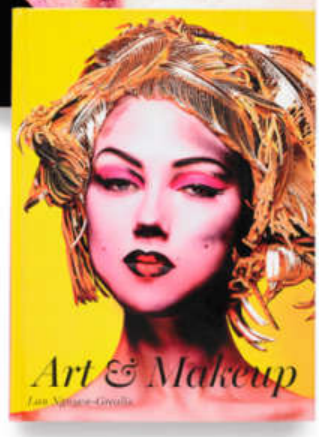
To celebrate her 50th birthday, the original Super Cindy Crawford takes a trip down memory lane in her new book *Becoming*. In it, she shares anecdotes from her childhood and early modelling years (including that infamous moment when she was asked to remove her trademark mole), and muses on everything from today's youth-obsessed culture to the constant body debate. Visually, it's a treat, with 150 beautiful images spanning Crawford's career, taken by everyone from Annie Leibovitz to Helmut Newton, as well as her own personal snapshots. ≫

Becoming by Cindy Crawford (Rizzoli, £35; out September 29th)

FOR YOUR COFFEE TABLE

Fashion favourites

Enrich your life – and your living room – with this month's most inspiring hardbacks



Art & Makeup *by Lan Nguyen-Grealis (Laurence King, £28; out September 7th)*
The worlds of art, literature, film and beauty collide in this collection of make-up artist Nguyen-Grealis' most innovative looks – inspired by Picasso, *The Great Gatsby* and Cleopatra. Beautiful.

Shoe: Contemporary Footwear By Inspiring Designers *by Olivier Dupon (Thames & Hudson, £48; out September 28th)*
A must-have for all shoe lovers, Dupon's tome profiles 32 footwear designers, from new talents to the likes of Rupert Sanderson, Tabitha Simmons and Sophia Webster.

London Couture 1923-1975: British Luxury *by Edwina Ehrman and Amy de la Haye (V&A Publishing, £50; out September 7th)*
From lavish ballgowns to perfectly tailored suits, everything about the London couture industry is captured here. Expect to see elegant illustrations from Francis Marshall, photography by Norman Parkinson and the most famous couture clients in the form of Queen Elizabeth II and ballerina Margot Fonteyn.

Hot Pink: The Life And Fashions Of Elsa Schiaparelli *by Susan Goldman Rubin (Abrams, £13.99; out September 8th)*
Wedge heels, shoulder bags and even the runway show itself were among Schiaparelli's creations. But it's her obsession with pink that we love the most. Follow her journey from Rome to Paris, via collaborations with Salvador Dali and Jean Cocteau.

Q&A

‘It’s sort of like making marmalade’

Margaret Atwood’s new novel is out this month

As she publishes her first novel in 15 years, *The Heart Goes Last*, Margaret Atwood talks burial decisions, Twitter and why writing is a lot like making marmalade

What’s your new novel about?
Charmaine and Stan are in a desperate state, so when they see an advertisement for Consilience, a social experiment offering stable jobs and a home of their own, they sign up immediately. All they have to do in return for suburban paradise is give up their freedom every second month – swapping their home for a prison cell. They’re not extraordinary people, but they find themselves in extraordinary circumstances.

Do the worlds you create ever scare you?
They feel possible. So they are scary in that sense. I don’t usually put things in that are completely impossible. It’s not carved in stone, the future is open and these things could happen.

Do you have any writing rituals?
Whatever, whenever, wherever: that’s my writing process. Whenever I have the time, whatever I happen to have in front of me, and wherever – it could be a plane, a café, it doesn’t much matter.

How do you know when a book is finished?
It’s sort of like making marmalade, in that there’s a moment when if you turn off the cooker, it’s going to be too runny. And there’s another moment when if you’ve gone too long, it’s going to be very hard. Catching the exact right amount is just a matter of feel.

You’ve become a literary hero. How does that feel?
I never felt comfortable with the idea of being a role model – it puts pressure on you to behave well on all occasions. It’s kind of the thing people expect of the royal family: they’re supposed to behave well and when they don’t people feel they haven’t lived up to their role-model status. But writers don’t set out to be role models; they set out to write books.

You’re brilliant on Twitter. Who should we follow?
Don’t you think we should all follow the Pope? He needs to be cheered on. In fact, I’m doing a sports-team cheer challenge where my Twitter fans make up cheers for the Pope.

What’s the best one you’ve heard?
‘Pope, Pope, he’s no dope!’

And what will we find you doing when you’re not writing?
Reading, digging in the garden, going for a walk, having fun get-togethers with the following groups of people: people my age, in which case we talk about who just died and what burial practice we will choose – natural burial, the Swedish method of getting yourself frozen and shaken into bits, or the new thing, the Urban Death Project – and people younger than me. We talk about the things that interest them, such as the price of real estate.
The Heart Goes Last by Margaret Atwood (Bloomsbury, £18.99; out September 24th)

Interview Hannah Dunn. Photographs: Rex Features, Getty Images, Full Stop Photography

FESTIVALS MADE FOR BOOK LOVERS

Radio Times Festival *September 24th-27th, Hampton Court Palace; radiotimesfestival.com*
Celebrating TV, radio and books, the line-up includes David Nicholls, David Walliams and Candace Bushnell.

Write on Kew *September 24th-28th, Kew Gardens; kew.org*
Literary maverick Margaret Atwood tops the bill alongside Louis de Bernières and Booker Prize-shortlisted Neel Mukherjee.

The Chatsworth Festival: Art Out Loud *September 18th-20th, Chatsworth; chatsworth.org*
Hear from art’s leading makers, curators and writers, from the ever-brilliant Grayson Perry to author Esther Freud. »

MUST-READ

Old love letters

Packed full of unseen notes, love letters and hilarious pieces of advice from the likes of JK Rowling (as Albus Dumbledore), Sylvia Plath and Richard Burton, *More Letters Of Note* is as addictive as the first collection. Our favourite has to be David Bowie's response to his first ever US fan letter… *More Letters Of Note by Shaun Usher (Canongate, £30; out October 1st)*

25th September 1967

Dear Sandra,

When I called in this, my manager's office, a few moments ago I was handed my very first American fan letter – and it was from you. I was so pleased that I had to sit down and type an immediate reply, even though Ken is shouting at me to get on with a script he badly needs. That can wiat (wi-at? That's a new English word which means wait).

I've been waiting for some reaction to the album from American listeners. There were reviews in *Billboard* and *Cash Box*, but they were by professional critics and they rarely reflect the opinions of the public. The critics were very flattering however. They even liked the single *Love You Till Tuesday*. I've got a copy of the American album and they've printed the picture a little yellow. I'm not really that blond. I think the picture on the back is more 'me'. Hope you like those enclosed.

In answer to your questions, my real name is David Jones and I don't have to tell you why I changed it. 'Nobody's going to make a monkey out of you' said my manager. My birthday is January 8th and I guess I'm 5ft 10in. There is a Fan Club here in England, but if things go well in the States then we'll have one there I suppose. It's a little early to even think about it.

I hope one day to get to America. My manager tells me lots about it as he has been there many times with other acts he manages. I was watching an old film on TV the other night called *No Down Payment* – a great film but rather depressing if it is a true reflection of The American Way Of Life. However, shortly after that they showed a documentary about Robert Frost the American poet, filmed mainly at his home in Vermont, and that evened the score. I am sure that that is nearer the real America. I made my first movie last week. Just a 15-minute short, but it gave me some good experience for a full-length deal I have starting in January.

Thank you for being so kind as to write to me and do please write again and let me know some more about yourself.

Yours sincerely, David Bowie

25th., September 1967

manager's office, a few moments ago
erican fan letter - and it was from
had to sit down and type an immediate
outing at me to get on with a script he
it's a new English word which

to the album from American
rd and Cash Box, but they

Yours sincerely, David Bowie

LONDON W.1. TEL GROSVENOR

A new book features this gem of a letter, written by David Bowie to a fan in 1967

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SARRA MANNING

‘She is too fond of books and it has turned her brain’

Louisa May Alcott could have been talking about writer, reader and *Red*’s new literary editor Sarra Manning

I love books. Love them. Books are where I’ve found some of my best friends, from the Fossil sisters in *Ballet Shoes* (I was Team Petrova all the way) to Elizabeth Bennet, Cassandra Mortmain and the Provincial Lady. Books have shaped my life like nothing else. Books have made me the woman I am.

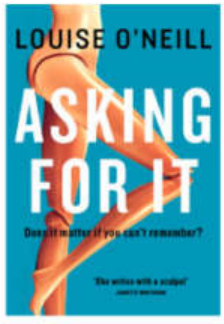
Because I loved words and what my favourite writers could do with them, there was never any doubt in my mind that I would be a writer, too. I scribbled poetry and short stories, heavily inspired by Sylvia Plath, all the way through my angsty teen years, and started my writing career on the music papers, before landing my dream job as a staff writer on *Just Seventeen* (may she rest in peace).

‘I still get a HEADY THRILL when I open up a NEW BOOK’

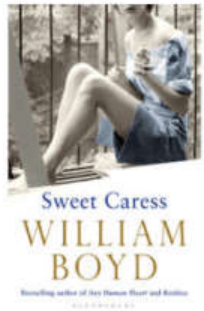
Since then, I’ve been a writer and editor and fulfilled my childhood dream of becoming an author, too. Somehow I’ve managed to write nearly 20 novels, which can all be summarised as: girl-meets-boy-meets-rock-meets-hard-place. And yet, I still get a heady thrill when I open up a new book. I read romances, highfalutin literature, crime, YA, memoirs, biographies, anything about World War II – I’m not too fussy about genres. I believe that a good book is a good book.

So I’m thrilled that I’ll get to share good books with the readers of *Red*. The books that kept me up way past bedtime, that made me cry, that made me laugh out loud on public transport, that forced me out of my comfort zone, and those books that you just have to tell someone about. I hope you’ll join me for the ride.

SARRA’S PICK OF THIS MONTH’S NEW RELEASES



Asking For It *by Louise O’Neill (Quercus, £12.99)*
A brutal, unflinching read about an Irish teenage girl who is gang-raped at a party, then slut-shamed on social media and ostracised by her peers.



Sweet Caress *by William Boyd (Bloomsbury, £18.99)*
Follow the bittersweet journey of Amory Clay through love and war, and the highs and lows of the 20th century. Lump-in-the-throat stuff.

Furiously Happy *by Jenny Lawson (Picador, £12.99, out September 24th)*
Taxidermy, speculums and Harry Potter all feature in this ballsy memoir from a woman determined to ride the joyful highs of her depression. »

Photograph Charlie Hopkinson

SPOTLIGHT

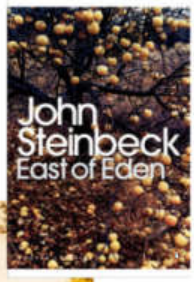
My life in books

With a new TV show, *Cuffs*, beginning this month, *Sherlock* and *Mr Selfridge* actress Amanda Abbington shares the books that scare and inspire her – and the one she just can't stop reading

THE ONE BOOK EVERYONE SHOULD READ IS *Deep* by James Nestor. It's a fantastic journey of a journalist who's asked to cover a freediving competition and becomes a freediver himself. It's such a good book and you realise how determined yet fragile we are as human beings.

MY FAVOURITE LITERARY CHARACTER IS Shakespeare's Lady Macbeth. Her ambition and her obsessive love for power and for her husband is shocking. And her demise into madness is fascinating.

THE BEST LINE FROM A BOOK IS from *East Of Eden* by John Steinbeck. 'And now that you don't have to be perfect, you can be good.'



THE BOOK I MOST RELATE TO IS *How To Be A Woman* by Caitlin Moran. Love her, love her writing, love what she stands for.

THE BOOK THAT SCARED ME MOST IS *Heart-Shaped Box* by Joe Hill. I love horror novels, but I don't read them when I'm on my own as I have a very active imagination and can scare the bejesus out of myself.

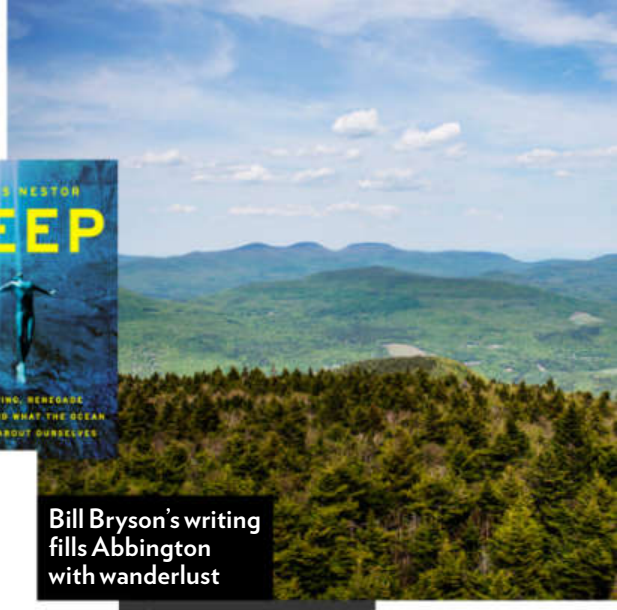
THE BOOK I ALWAYS RETURN TO IS George Orwell's *Nineteen Eighty-Four*. I read it every few years. It's a terrifying book. It leaves me feeling quite low actually, but I think it's good to feel like that once in a while; it keeps you grounded. There is no hope in *Nineteen Eighty-Four*, so I read it and then I go and do something inspiring like visit an art gallery or take a walk in the woods.

THE BOOK THAT MAKES ME WANT TO TRAVEL IS *A Walk In The Woods* by Bill Bryson. I love his writing. It's accessible and very funny. It makes me want to pack up and head to the Appalachian Mountains. Just me and a rucksack. I doubt I ever will though so I live vicariously through Bill's books.

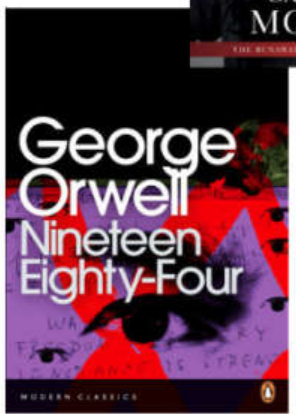
MY FAVOURITE EVER BOOK IS *Alice's Adventures In Wonderland* by Lewis Carroll. It's such a fantastic story and a mix of craziness, fantasy, joy and terror. For me it was and still is a glorious read. I've introduced it to my children and I hope they will one day introduce it to theirs.

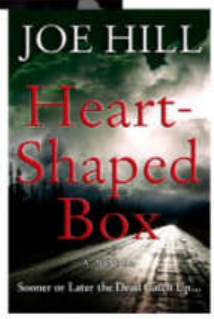
Cuffs is on BBC One this autumn

George Orwell's *Nineteen Eighty-Four* always inspires Abbington to take a walk in the woods



Bill Bryson's writing fills Abbington with wanderlust





Photographs: Getty Images, Rex Features, Shutterstock

Abbington stars in *Sherlock* alongside Benedict Cumberbatch and real-life partner Martin Freeman

Amanda Abbington is part of *Red*'s Smart Women Week. Turn to page 150 for the line-up

Another *level*

A/W 15 calls for laid-back luxe – silky tailoring with flashes of crisp white. Update your wardrobe with the new collection from George at Asda

Destination: style

For style tips and ideas, plus the chance to win the latest must-haves from George at Asda, head to **fashionunexpected.co.uk**

Blazer, £25; available from September 20th; **blouse**, £12; **trousers**, £14; **shoes**, £16; available from October 18th. All George at Asda

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FOR LIFE NOT LANDFILL

JIGSAW

STYLE & TRUTH

Fashion

Edited by NICOLA ROSE

ODE TO AUTUMN

Things are really picking up in this season's SUMPTUOUS fashion. Let us count the ways... PSYCHEDELIC prints and granny-chic-inspired combos, STATEMENT coats and sharp separates in cool MONOCHROME. It's a beautiful time of year

Cashmere coat, £3,295; **wool and Lurex jumper**, £395; **wool and Lurex skirt**, £625, all Bally. **Earrings**, from a selection, Shourouk. **Leather shoes**, £395 Camilla Elphick

Photograph Coliena Rentmeester. For stockist details, see the Directory

Heritage houndstooth meets glossy exotica in Miu Miu's coat of the season. Mustard, blush and siren red? Yes, yes, yes

Tweed and leather coat, £3,305; **cire dress**, £900; **poplin shirt** (just seen), £690; **leather shoes**, £515, all Miu Miu

COOL, CONFIDENT AND HOT OFF THE CATWALK, BUILD YOUR A/W WARDROBE AROUND STATEMENT COATS, VINTAGE PRINTS AND A WHOLE LOT OF GROOVY COLOUR

Photographs COLIENA RENTMEESTER
Styling NICOLA ROSE

ATTIC CHIC

Seventies styling gets a kooky twist for A/W 15 – and Peter Pilotto has the look nailed with this Wes Anderson-esque print

Wool and velvet coat, £1,665; **cotton top** (just seen), £385, both Peter Pilotto. **Leather and suede boots**, £995, Nicholas Kirkwood for Peter Pilotto

Matching separates is the freshest way to wear print for day – we love Dorothee Schumacher's punchy, modern take on botanicals

Silk blouse, £399; **silk skirt**, £2,348, both Dorothee Schumacher. **Velvet and leather bag**, £650, Mary Katrantzou. **Leather shoes**, £520, Gianvito Rossi

Marni reworks classic tweed suiting with a strong, oversized cut, spliced with sweet pastels

Liisa wears: **Cotton tweed coat**, £2,340; **cotton tweed skirt**, £410, both Marni. **Silk shirt** (just seen), around £254, Karen Walker. **Shoes**, as before
Pete wears: **Wool jacket**, £1,835; **cotton shirt**, £375; **wool trousers**, £875; **silk tie**, £140; **leather boots**, £975, all Saint Laurent by Hedi Slimane

Ice-cream colours take on a vintage vibe for autumn/winter – follow Prada's lead and layer lean, masculine pieces in contrasting shades for an update on boy-meets-girl chic

Jersey jacket, £1,270; **mohair cardigan**, £430; **silk twill shirt**, £480; **jersey trousers**, £515; **crystal hair clip**, £300, all Prada

Pink is back in a big way – and it isn't just about the coat this time around. Choose blush or ballet for the subtlest nod to fashion's favourite hue

Silk and cashmere dress, £2,910; **metal and glass bracelets**, £1,170 for a pair, all Chanel. **Acetate glasses**, £215, Marc Jacobs. **Suede shoes**, £463, Tabitha Simmons

Julie de Libran has delved deep into the Sonia Rykiel archives for the cult French label's latest collection. We'll be channelling our inner Margot Tenenbaum in this geometric toffee velvet and faux-fur confection

Wool-mix jacket, £715, Kate Spade New York. **Velvet top**, £610; **velvet trousers**, £785, both Sonia Rykiel. **Cashmere and silk scarf**, £118, Claudie Pierlot. **Leather shoes**, £440, Aquazzura

How to wear leopard now? With extra texture, a smudgy print and a flash of pink, of course

Mohair coat, £2,475; **leather top** (just seen), £1,591; **leather bag**, £2,660, all Louis Vuitton

A standout print needs little embellishment. Schoolgirl loafers and chunky pearl earrings let this floral mini shine

Liisa wears: **Poly-mix dress**, £49.50, Marks & Spencer. **Resin earrings**, £220, Marni. **Leather shoes**, £410, Gucci
Pete wears: **Cotton shirt**, £310; **cotton trousers**, £420, both Marni. **Leather shoes**, £625, Jimmy Choo

The Gucci girl is romantic and a little bit eccentric. Look for retro pieces with a right-now twist – like this sheer minty pussybow blouse and fabulously retro tube skirt

Net top, £650; **wool-mix skirt**, £1,620; **leather shoes**, £410, all Gucci. **Bra**, model's own

OPPOSITE: Block colours work beautifully teamed with busier prints in a similar palette – try sea green and accessorise with just a pop of coral

Cashmere jumper, £1,070; **silk crepe shirt**, £845; **crepe trousers**, £490, all Bottega Veneta. **Leather and glass bag**, £2,250, Fendi. **Leather shoes**, £665, Rupert Sanderson

Models Liisa Winkler at One Management and Pete Bolton at IMG Models London. Hair Ben Cooke at Frank Agency for Lockonego, using Pantene. Make-up Silver at silverbramham.com, using MAC. Nails Kim Treacy at LMC Worldwide, using Chanel A/W 2015 and Body Excellence Hand Cream. Set design Laura Timmons. Stylist's assistant Chloe Forde. Props assistant Lydia Le Lievre Chan. Karma Cabs in memory of Tobias Moss; karmakabs.com. Wallpaper Octavia by Designers Guild; designersguild.com. Location Air Spaces and Big Sky Studios

For stockist details, see the Directory

COLOUR ME MONO

THIS SEASON IS ALL ABOUT SHARP SEPARATES WITH A TOUCH OF THE TOMBOY, IN AUTUMN'S BLACK AND WHITE PALETTE. MODEL OF THE MOMENT LINDSAY ELLINGSON SHOWCASES THE LAID-BACK MOOD OF NOW

Photographs MAX ABADIAN
Styling SARAH CLARK

The new sleeveless jumpsuits are made for layering. Pair a clean cut with a flouncy blouse for that 1970s flourish

Wool jumpsuit, £1,190; **silk blouse**, £740, both Chloé. **Leather boots** (just seen), £485, Boss

All black gets sculptural for A/W 15. Graphic silhouettes are the outline of your new-season wardrobe

Wool-mix and satin jumper, £345; **wool trousers**, £315; **stretch satin boots**, £505, all Emporio Armani

Slouchy oversized knits worn with floatier skirts and dresses = pretty cool. Trainers add a just-thrown-on edge

Wool and silk dress, price on request, No 21.
Leather trainers, £295, Saint Laurent by Hedi Slimane

Neat shapes and classic fabrics get a modish makeover with Chelsea boots

Cashmere jumper, £972; **leather blouse** (worn underneath), £1,591; **wool skirt**, price on request, all Louis Vuitton. **Patent-leather boots**, £315, Claudie Pierlot

Striking geometric motifs and leather minis (in white, not black) should fill those last spaces in your wardrobe

Wool jumper, £620; **leather skirt**, £3,440, both Tod's

Tuxedo suits don't get much cooler than this ribbon-trimmed one by Preen. Wear with white plimsolls to nail nonchalant style, day or night

Wool jacket, £907; **wool trousers**, £1,114, both Preen by Thornton Bregazzi. **Trainers**, as before

Switch up your summer bomber for winter white and team with a matching pencil skirt and skate shoes for 'on the run' chic

Wool jacket, £745; **wool skirt**, £295, both MaxMara. **Leather trainers**, £270, Tod's

Meet this season's key piece: the supersoft shearling jacket. Pull on over anything and everything

Shearling jacket, £1,190, Hilfiger Collection. **Modal trousers**, £95, Tommy Hilfiger. **Cashmere socks**, £9, Falke. **Leather sandals**, £69.95, Birkenstock

Oh, the enduring appeal of the high-neck knit. Update yours in abstract monochrome – simple and sophisticated

Wool jumper, £1,100, Dior

We love Stella McCartney's minimal yet modernist take on the white Seventies suit for cocktail hour. Divine

Wool top, £550; **wool trousers**, £735, both Stella McCartney

Model Lindsay Ellingson at Viva London. Hair Craig Taylor at One Represents, using Kiehl's. Make-up Silver at silverbramham.com, using Nars. Stylist's assistant Sophie Hooper. Location Big Sky Studios

For stockist details, see the Directory

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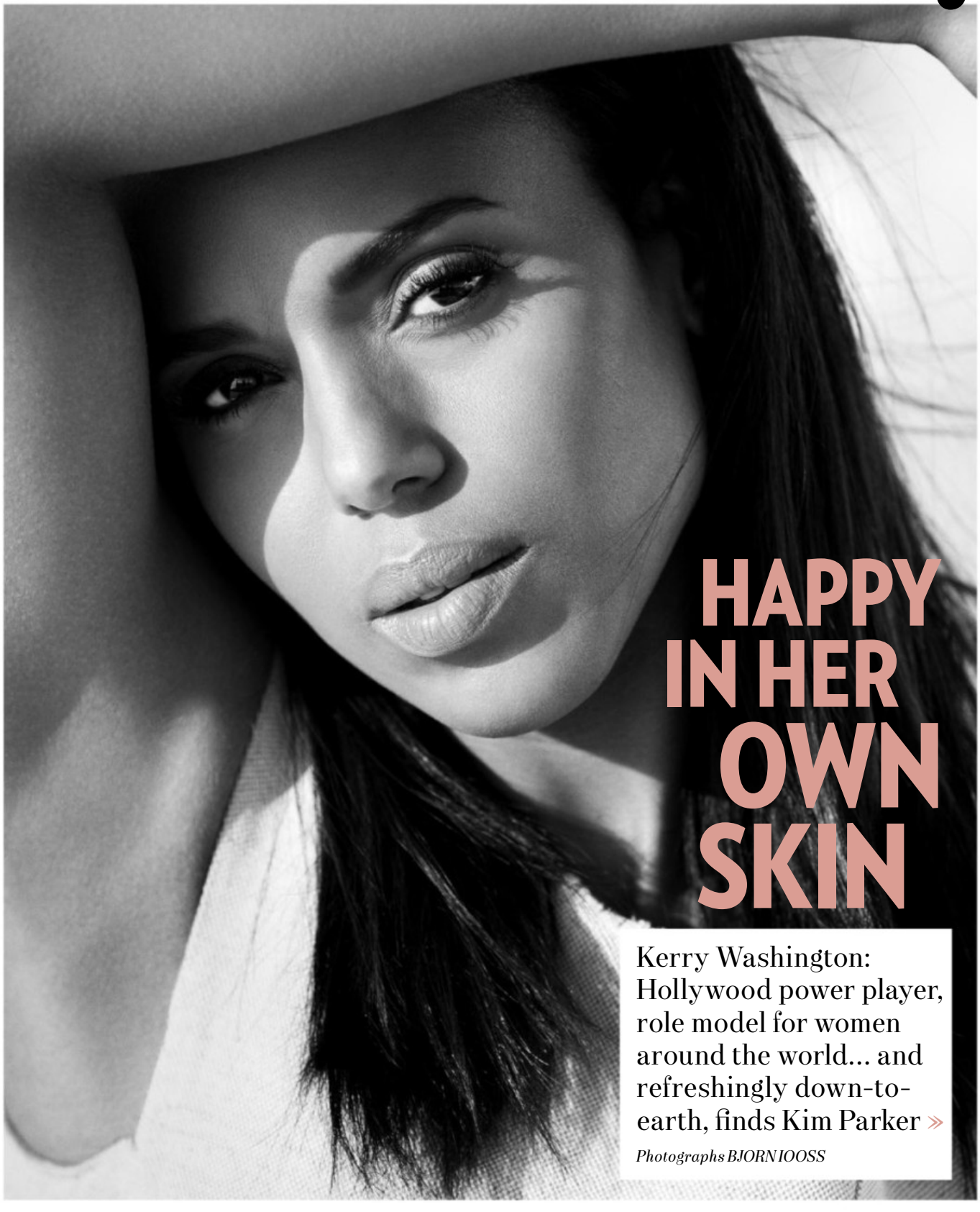
Beauty

Edited by ANNABEL MEGGESON



HAPPY IN HER OWN SKIN

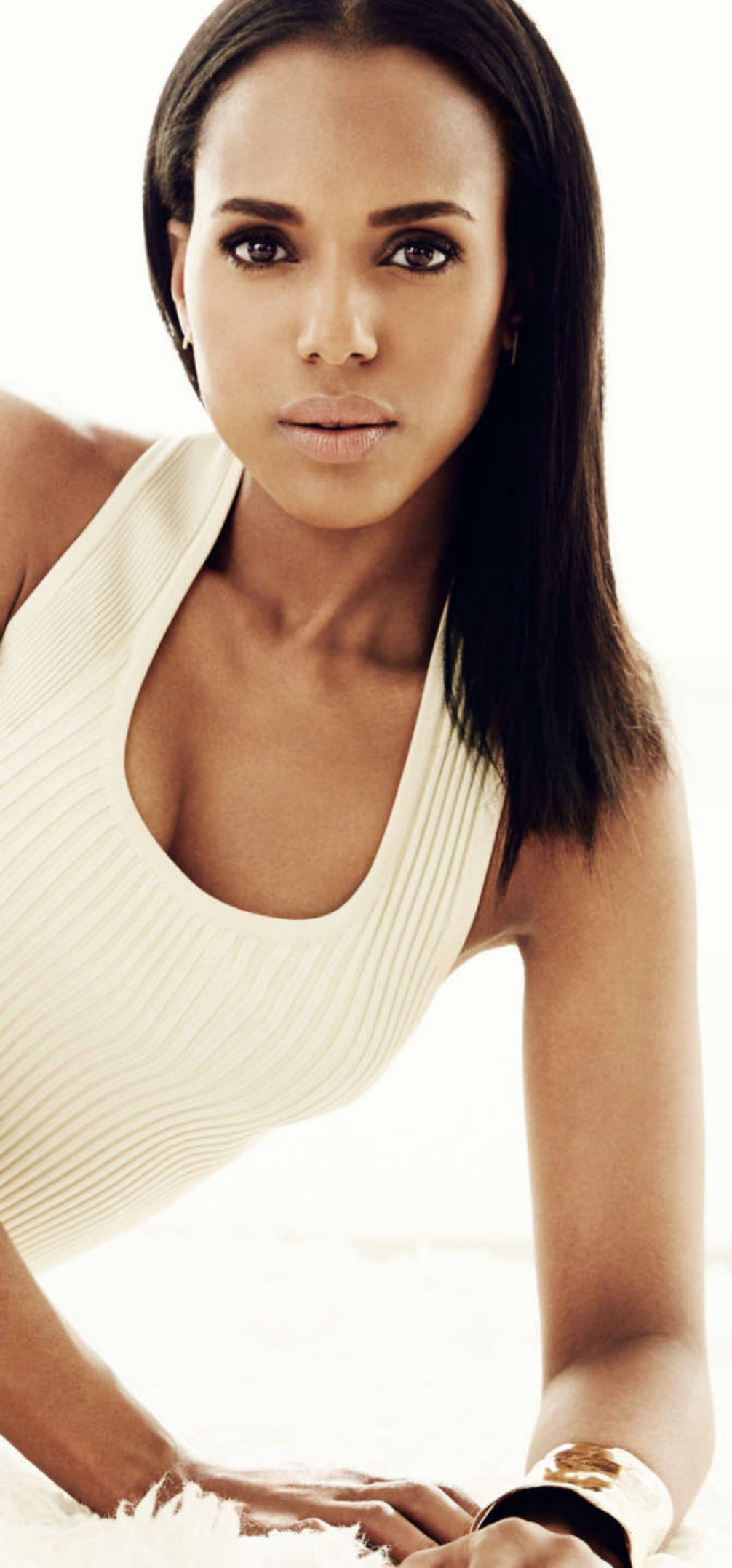
Kerry Washington: Hollywood power player, role model for women around the world... and refreshingly down-to-earth, finds Kim Parker »

Photographs BJORN IOOSS

Turns out, Lena Dunham and I have something in common. It's not our social-media prowess or our razor-sharp writing for zeitgeisty, award-winning television shows, sadly – it's that we're both mega-fans of Olivia Pope, the feisty, Prada bag-toting, problem-solving heroine of the hit US series *Scandal*. The other thing we share (other than a propensity to ask ourselves 'What would Olivia do?' whenever things get tough) is an enormous girl crush on Kerry Washington, the actress who breathes life and fire into the character. Over in the States she may be a household name, but here in the UK there are still plenty of people unaware that she is, truly, a modern Hollywood icon. Not only does she have some pretty impressive films on her CV (including *The Last King Of Scotland*, *Mr And Mrs Smith* and *Django Unchained*), the 38-year-old is the first African-American woman to play the lead role in a US network television drama in almost 40 years – and has brilliantly redefined *Scandal*'s status by live-tweeting her 2.2 million fans during each episode.

She's also passionate about politics (she supported Obama in both his 2008 and 2012 presidential campaigns), a champion of the liberal arts (she's a member of the President's Committee on the Arts and the Humanities) and an outspoken advocate for social justice – she supports several major US charities, most recently appearing in an advert for the AllState Foundation, raising awareness about domestic violence against women. She also tweets as freely against racial hatred as other celebrities do about their favourite outfit.

It's a credit to Neutrogena, then, that they have made such a bold choice for their latest skincare



'The ONE THING we have until the day we die is our RELATIONSHIP with our body... I try to keep it a LOVING one'

ambassador. They could easily have gone for someone a little more mainstream and celebrity-lite to promote their face washes and moisturisers. This says a lot about the brand that has always, in their words, strived to promote inner as well as outer beauty. '[Washington] has a strong work ethic. She's also someone who everyone can relate to… down-to-earth and balancing a busy life,' says Caroline Almeida, a senior spokesperson at the company. Down-to-earth, indeed. When I turn up, feeling more than a little nervous, to interview Washington about her new role, the actress is warm, engaging and immediately puts me at ease by hooting – out loud! – when I admit that I stalk her dog, Josie B, on Instagram.

FOR A CELEBRITY, SHE'S REASSURINGLY REAL. I've barely glanced at my notepad before she's off, sharing tales of her childhood eczema: 'I was at the dermatologist's office the whole time. So when I was looking at brands [to work with], I chose one that stood for science and skin health. I think it's so important to have healthy skin – it helps me feel comfortable going out into the world and living my life when you know you are under that microscopic lens.' Knowing the insane scrutiny female actresses come under in this day and age, I can well believe it. So what's her routine like?

'I'm religious about cleansing properly and never sleeping in make-up. I'm in make-up 16 hours a day and then I bake under the lights [on set] so I really make sure I cleanse thoroughly before bed. And then »

I moisturise, changing my product according to how oily or dry my skin feels. I'm obsessed with the Neutrogena Hydro Boost Water Gel. And the eye cream. The whole line. I give it to all my girlfriends! It's also important to find products that have SPF in them. When you're a busy woman who has to multitask, having a foundation with SPF in it really saves you time.'

WASHINGTON ONCE TRAINED TO BE A YOGA INSTRUCTOR

and her figure (she's 5ft 4in, but looks much tinier) is enviably toned. Is she as diligent about her fitness regime? 'I try to come at exercise from a perspective of love rather than punishment. The one thing we have when we're born and until the day we die is our relationship with our body. Like any good relationship, I try to keep it a loving one.'

This wasn't always the case, though. She has been quoted in the past as saying that at the start of her career, she thought having a 'perfect figure' would help her succeed. Does she still believe this pressure exists for women in the public eye? 'I do think there is still a pressure, yes,' she says, thoughtfully. 'But I also think that our idea of what makes a "perfect" body has expanded. I think it's become a bit more inclusive than it was when I started out.' Again, I think of Lena Dunham, as well as Jennifer Lawrence, Melissa McCarthy and Mindy Kaling, who are smashing through stereotypical Hollywood boundaries with their curves, imperfections, oh, and their amazing acting skills.

Washington continues: 'I remember after my daughter was born thinking that there was a lot of pressure about how quickly you could lose the baby weight or not. It's like your duchess, Kate. You know, the moment her kids are born we all expect her to be outside the hospital with a perfect blow-dry and for her to look effortlessly flawless. There's definitely still a pressure there.' Yup, so we're not quite there *yet*.

Until we are, Washington relies on Pilates to keep herself fit and her body happy. 'I also like to mix things up with a bit of cardio, hiking and swimming. Anything that helps me feel relaxed and grounded. And I can never have enough fruit, coconut water, water… you know, just good wholesome stuff. I work with a nutritionist to make sure I'm getting what I need when it comes to vitamins and nutrients.'

'It's IMPORTANT to not put the VALUE of beauty in OTHER PEOPLE'S hands'

She says her favourite treat is a good deep-tissue massage – she's even been known to organise them for fellow *Scandal* cast members after a long day on set. 'It helps me stay relaxed, physically aligned and healthy.' Another favourite way to relax is dancing around the house with one-year-old Isabelle, her daughter with husband Nnamdi Asomugha, a former American football player. 'Oh yeah, we're firm believers in at-home dance parties! She has this little Apple radio and for a while our favourite song was *Happy* by Pharrell Williams, but she now also likes *Uptown Funk* by Bruno Mars.'

Washington's clearly a woman who's happy in her own skin these days, so what beauty advice would she like to pass on to her daughter? 'I'll tell her that it's important to not put the value of beauty in other people's hands. You have to nurture a relationship with yourself that makes you feel beautiful and not give that power to anyone else.' Amen to that. Perhaps, whenever I next feel in need of a confidence boost, I'll try channelling a little more Kerry Washington and a little less Olivia Pope.

Find Kerry Washington's best beauty looks at REDONLINE.CO.UK

KERRY WASHINGTON'S *Best Things in Life*

Foundation: 'I'm really into Tom Ford and Dior's formulas at the moment. They look very natural.'

Shoes: 'I'm a huge Louboutin fan – they're made so beautifully. I do love a good red sole.'

Perfume: 'I like to match Young Living Essential Oils [from £31 each] to my mood.'

Handbag essential: 'Neutrogena Visibly Renew Hand Cream SPF20 [£5.49]. I love the texture and the fact that it has SPF in it. That's important to me.'

Photographs Bjorn Iooss/Trunk Archive, Pixelate

The hair saviours

Everyone struggles with one hair problem area. Whether it's dullness, limp locks, or too much frizz the Specialist range from TRESemmé will help solve your hair woes

Too thick, too thin, no body, frizzy. Sound familiar? Whatever your hair type, there's probably something you wish you could change about it. And with everyone leading such busy lives, spending hours styling in the morning just isn't an option. Three busy women with three very different hair types trial collections from the TRESemmé Specialist range to show you how to get the best from your tresses.

SIMMY VIRDI

WRITER AND BLOGGER

OLEO RADIANCE

After struggling with dull-looking locks, Simmy's hair is now much glossier than it was before she tried Oleo Radiance. 'I no longer have to rely on loads of products to get shine and I love how lightweight the products are,' says Simmy.

LISA AKESSON

MODEL

YOUTH BOOST

Years of too much styling have left Lisa's hair limp and lifeless. She says: 'The Youth Boost range was perfect, especially the Fullness Emulsion Spray, to give my hair more body.'

ANNA ISHERWOOD

HR SPECIALIST

7 DAY SMOOTH

Since using the 7 Day Smooth collection, frizz-prone Anna has found her thick hair more manageable.* 'My hair was much smoother for several days.'

For expert advice and to find out which TRESemmé range would suit your hair type, follow Simmy, Lisa and Anna's journeys on thehairacademyuk.com

The HAIR ACADEMY IN PARTNERSHIP WITH TRESemmé

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Laura leaves her straight hair behind for sexy, subtle waves, while Jo, right, tames her unruly curls with a cool, modern perm

HAIR TREND

THE RETURN of the PERM

Yes, we gasped too, but perms are back – albeit with a much-needed refresh. We think we might be convinced

Words SHARON WALKER
Photographs STEPHANIE SIAN SMITH

It wasn't so much a bad-hair day as a bad-hair decade – it's hard to forget the 1980s' big frizz perms. And yes, I was there, circa 1985, with a fetching crinkle cut of my own.

I didn't even know perms still existed – surely they belonged to that era that style forgot, consigned to fashion-fright history, along with neon thong-leotards and Alexis Carrington's shoulder pads. Seems I wasn't as up to date on hair trends as I thought. The perm is back, but not as you know it. This time around it's looser, sexier, more subtle.

When set designer (and always stylish mum-of-two) Jo Sedley announced she was planning a perm, it caused a bit of a stir among her friends. 'Everyone laughed a bit,' she says. 'Our memories of perms aren't good ones.' Jo reinvigorated her chin-length bob with a digital perm, courtesy of new-generation perm specialists Eleven Hair, styling it into the look of the moment – the wavy bob (WOB).

'The idea was to make it quicker to look glamorous and easier to manage,' she says. 'I've got curly hair already, but it was annoying curly hair »

– disobedient, tight curls underneath and straighter on the top. I've dried it straight for years, but as I get older I've started to feel straight hair is quite harsh on my face. It was a hairdresser friend who kept saying, "You really need to have a perm, they're good nowadays."'

Low on maintenance, high on glamour, the latest perms are a great way to add texture and volume, or just ring the changes. As Jo's hair proves, they're not just for those with poker-straight locks, but a savvy way to tame unruly frizz into a more manageable curl. 'In the 1980s and 1990s, people wanted big, curly hair, the more volume the better,' says Eleven Hair's owner Christian Toth. 'The new perm is softer for all face shapes, more playful. With slightly more volume, it gives a youthful look. The overall effect is a looser curl that looks natural and not so obvious as the hair grows out.'

Developments in digital-perm technology have allowed for the creation of natural-looking waves. While a normal 'cold' perm creates those tight 1980s curls, the digital perm uses infrared heated rollers (attached to a digital display, hence the name) to set the curl. The result is springy waves of the type you might create using a curling tong.

Red's online picture intern Laura Shehata is another perm convert. 'I've always had very long, straight hair and wanted something different, but I didn't want to cut it,' she says. Eleven's thermal-hair-treatment specialist Sebastian Stetkiewicz placed the rods six inches from Laura's roots, using the digital-perm boho wave to create a natural, blended look. (For Jo, he first had to straighten her natural curls, before using the rollers.) Fortunately, neither Jo nor Laura had coloured or highlighted their hair, as double-processing is still a big no, even though digital perms aren't nearly as harsh as their 1980s counterparts, relying less on chemicals and more on heat to set the perm.

'It's so easy to style, too,' enthuses Laura of her new 'do. 'I use a hairdryer with a diffuser and scrunch the ends, which gives a boho look. For a more defined curl, I'll twist sections around my fingers.' A regular oil treatment every time she washes her hair helps maintain the condition (try Ojon Rare Blend Oil Total Hair Therapy, £30).

For Jo, the perm is nothing short of a revelation. 'It's like having completely different hair on your head,' she says. 'It's so much more manageable.'

'There's something really nice about having bigger hair,' adds Laura. 'It feels really feminine.' It's enough to persuade the rest of us to put our perm prejudices aside and book an appointment.

The digital perm at Eleven Hair costs from £350; 020 7016 3940, eleven-hair.com

3 SALONS TO TRY:

- **Trevor Sorbie**
From £180, 27 Floral Street, London WC2E 9DP; trevorsorbie.com
- **ColourNation**
From £330, 5 Winsley Street, London W1W 8HG; colournation.com
- **Jubilee Hair Salon**
From £130, 28 Denmark Street, London WC2H 8NJ; jubileehairsalon.co.uk

Visit momoko.co.uk to find your nearest digital-perm salon

NEED-TO-KNOW: THE MODERN PERM

1 The digital perm works best on thick or medium-texture hair. The looser look isn't suitable for very fine hair, which won't hold a curl.
2 Think twice if your hair is coloured, bleached or highlighted, as these processes make the hair more porous, influencing how chemicals are absorbed. Overprocessed hair could break off at the scalp.
3 Digital perms work best on longer hair.
4 Perms work best on hair that's in good condition. A strand test will show you if yours is up to scratch. Or try plucking a hair to see if it floats in water. If it does, it's likely in good condition. If it sinks, it's absorbing water and too porous for another chemical process.
5 Take the day off work. The digital perm will take a minimum of three hours, longer if your hair needs straightening first, and the results will last three to six months.
6 If you're a swimmer, wet your hair before you take the plunge. It will help prevent your hair soaking up the chlorine.

A BRIEF HISTORY OF PERMS

THE CLASSIC PERM: MADONNA
Her wild, bleached-out, *Desperately Seeking Susan* style inspired a wave of copycat curls across the world.

THE POWER PERM: JOAN COLLINS (AS ALEXIS CARRINGTON)
The Eighties power perm at its best. *Dynasty's* self-appointed queen of chaos wore hers high and mighty as a crown.

THE 2015 PERM: JENNIFER LOPEZ taps into the latest hairstyle vibe with her WOB.

Find more non-perm volumising tips at REDONLINE.CO.UK

Hair Eleven Hair. Make-up Charlotte Gaskell at LHA Represents. Styling Chloe Forde. Laura wears: Top, Sandro. Dungarees, Zara. Jo wears: Shirt, Filippa K. Skirt, Warehouse. Additional photographs INF Photo, Getty Images, Eddie Sanderson/Scope Features

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'95% of women agree that Superstart boosts the effectiveness of their skincare products'

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'Seven out of 10 women said they preferred Prevage serum to their regular one'

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*Based on a US home-use consumer test on 62 women aged 25-59, after eight weeks. ** 103 women tested the product for 30 days

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INSPIRATION

BEAUTIFULLY ORGANISED

Make the most of your beauty arsenal (and never have to rummage for the right red lipstick again) with these styling tricks. Instant glamour – for you and your home

Words KIM PARKER
Photograph POLLY WREFORD

PLATING

Arranging a group of products together on a pretty plate, tray or piece of stone instantly transforms it into a chicly curated collection. 'You get maximum payoff for minimum effort and you don't have to invest in new accessories,' says *Red*'s beauty director Annabel Meggeson, who favours antique mirrors and pieces of pale marble. »

THE CANDLE (that makes a gorgeous jar, too): **Diptyque** Figuier Scented Candle, £40

UPCYCLING

'Cleaning out candle holders and reusing them is worth doing as the results can be so gratifying,' says *Red*'s Annabel Meggeson. And once you start, it's easy to spot the upcycle potential in everything. Perfume bottles make pretty bud vases, vintage sweet tins are perfect for storing hair pins and teacups are ideal for keeping bedside must-haves, like lip balm, handy.

Stylist's tip: To reuse a glass candle votive, pop it in the freezer for a few hours. This makes leftover wax shrink, so it comes out more easily. Clean any residue with baby oil or vinegar, then wash with soapy water. Make-up brushes and cotton buds look especially pleasing stored this way.

SHELVING

Putting products in cupboards gets them out of sight, but they can get buried and forgotten. A beautifully curated bathroom shelf, or a set of clear drawers, makes things much easier to find. 'I have a perspex box per make-up category but you can organise it all by colour, too. It's great because I can now see what I own so I've stopped buying multiples,' says Nathalie Everard, the super-organised head of fragrance and beauty PR for Chanel.

THE STORAGE BOX: **Acrylic**, £22.46, Muji

THE TRAY: **Metal**, £15.99, Zara Home

Stylist's tip: Glass perfume bottles or candle jars look stunning on mirrored trays, which reflect light into them, while colourful pots look great stacked on vintage tiles or pieces of slate.

TABLESCAPING

Nicked from the world of interior design, this technique works brilliantly for beauty products, too. 'It's about grouping similar products together in attractive collections and adding a lovely photo or accessory, like dressing a mini set,' says Maxine Groucutt, a visual merchandiser who uses this trick to create gorgeous window displays at Prada and Liberty.

Stylist's tip: Try grouping products together in 'rituals', like your daytime skincare routine or aromatic bath essentials, and adding a relevant accessory – like a natural sponge, vintage mirror or piece of coral – to luxe things up. 'It will transform daily tasks into something far more indulgent,' says Groucutt.

For more stylish ways to organise your products, visit REDONLINE.CO.UK

5 top styling tips

1 Raid kitchen-supply shops for mason jars, chunky tumblers and lidded sweet jars, which all make perfect beauty storage. Our interiors team recommend Labour and Wait, John Lewis and Ikea.

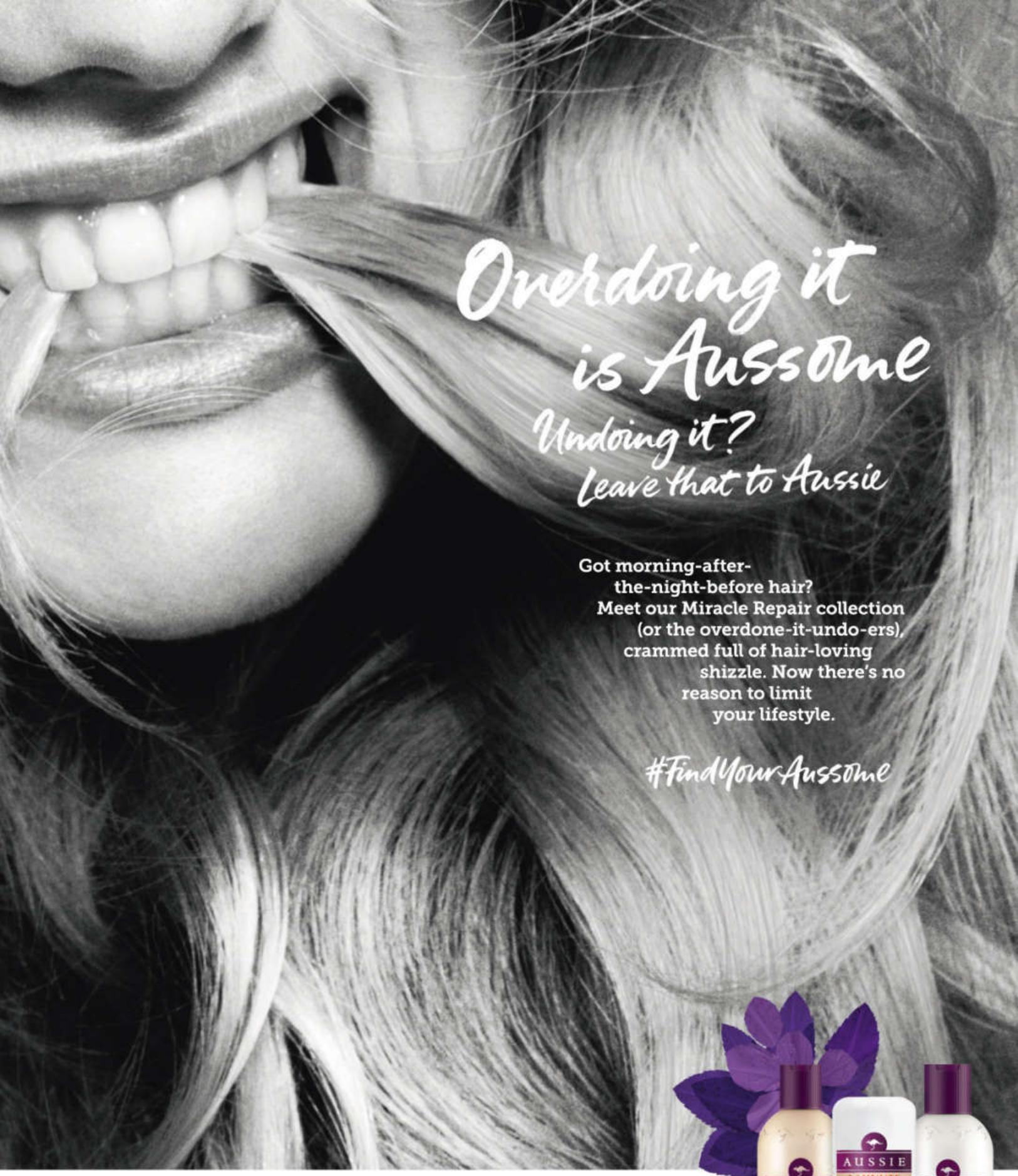
2 Interior-design entrepreneur India Hicks' instant tip for the perfect tablescape is to 'amass objects of similar texture and tone', such as perfume bottles, which are all glass, or make-up and nail polish with accessories in the same colour.

3 Make the most of the inside of cupboard doors for storage space. A couple of stick-on hooks from Amazon transforms them into useful places to hang your hairdryer and curling irons.

4 For an instant bathroom style upgrade, swap basic soap dishes and toothbrush holders for natural textures like stone, bamboo or mother-of-pearl. We love the selection at Balineum.

5 When in doubt, check Pinterest. There's a wealth of tips and inspirational photos on there from beauty sites like Daily Makeover and Refinery29, as well as *Red* (of course).

Additional photographs Laura Shehata, India Hicks. For stockist details, see the Directory



AUSSIE

There's more to life than hair but it's a good place to start

INSIDER

THIS MAN KNOWS *great skin*

He's the new head of make-up at Dior and the king of impeccable skin. Peter Philips talks complexion perfection with Annabel Meggeson

The painted eyes at Chanel, the gold-tipped lashes at Dries Van Noten and Dior's satin eyeliner. Some of the most memorable catwalk beauty moments of recent years are down to one man: Peter Philips. The understated but 'genius' make-up artist was also the brains behind such hits as Chanel's Le Vernis in Jade (it sold out in 40 minutes, with several bottles ending up on Ebay for £100).

Now, he's creative and image director of make-up at Dior and his first full colour collection for the brand – including an autumn palette in spot-on purple and metallic, and a range of reformulated lipsticks in mouthwatering colours – debuts this season.

Despite his flair for impeccably understated and desirable make-up invention, though, it's his skin Philips gets the most compliments for. 'Starting out, I saw a picture of Cindy Crawford and couldn't believe how flawless her skin looked. From then on my aim was to create skin that good. Little did I know it was one of the first retouched pictures.'

The legacy of that moment is that Philips knows his way round a beautiful base, as I found out when I met him in France this summer. Follow his tips and tricks, and designer skin will be yours!

Philips' make-up always starts with flawless skin

Dior Diorskin Nude Cosmopolite, £31.50

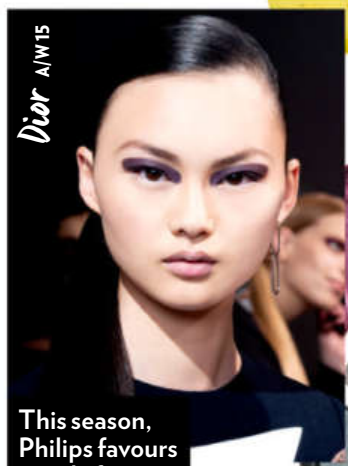
INSPIRATION
'I get make-up inspiration from women all the time. I'm not normally a fan of pale eyeliners, but a colleague was wearing a streak of gold recently and I loved it. It's another way of making the face look open and bright.'

PREP IT
'Before you even think about foundation, work in a few drops of face oil. Rub it into your ears and neck, too, as it gives a smoother, more finished effect.'

Rodin Olio Lusso Luxury Face Oil, £105
One of Philips' favourite facial oils.

Photographs Imaxtree, Pixeleyes. For stockist details, see the Directory

3-D SKIN
'Sun-kissed skin looks lovely, but when skin gets pale in autumn, try a perfected nude complexion. Work in your foundation, and instead of blush, use highlighter to bring dimension to your face. Apply highlighter in a semicircle under your eyes and up to your temples.'



This season, Philips favours purple for eyes

Dior 5 Couleurs in Eclectic, £43

BLUSH WORK
'If you *are* using blush, add a bit under the chin to frame the face and link everything together.'

Dior Diorskin Star Studio Makeup, £32
'Gives a luminous complexion.'

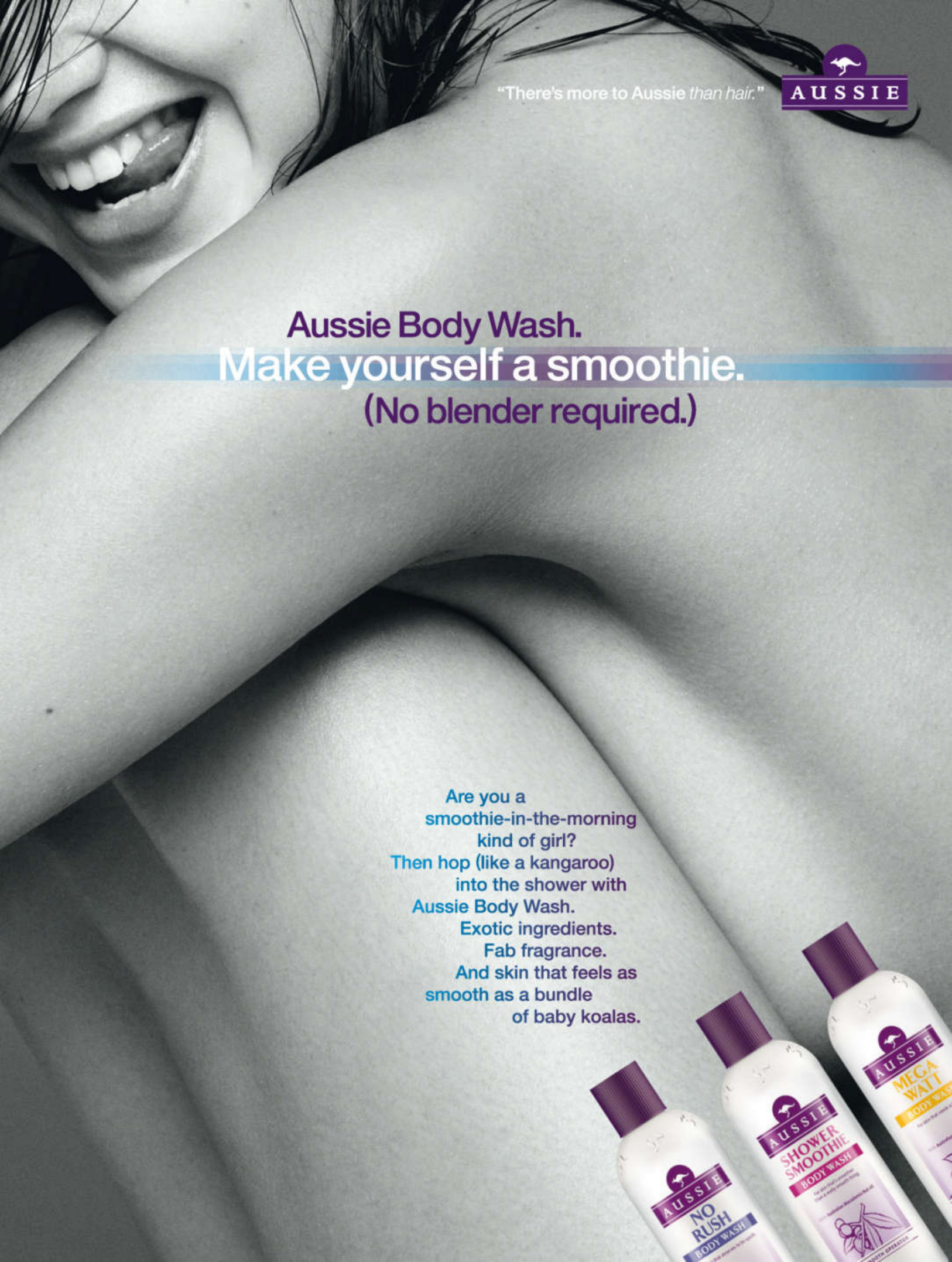
FINISHING SCHOOL
Philips keeps foundation looking natural by using oils, creams, even balms, during application, 'but if skin feels greasy by the end, blot it with a tissue and spritz your face with a little mist'.

Institut Esthederm Eau Cellulaire Spray, £16

COLOUR IS EASY
'Get skin right and anything goes make-up-wise. Try a bright lipstick this fall: Be Dior [from Philips' reformulated Rouge Dior range] is the one Jennifer Lawrence picked for the new campaign.'

Dior Rouge Dior in Be Dior, £26.50

Annabel Meggeson reveals her top 10 skin tips at REDONLINE.CO.UK


"There's more to Aussie *than hair.*"
AUSSIE
Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)
Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
into the shower with
Aussie Body Wash.
Exotic ingredients.
Fab fragrance.
And skin that feels as
smooth as a bundle
of baby koalas.
AUSSIE
NO RUSH
BODY WASH
AUSSIE
SHOWER SMOOTHIE
BODY WASH
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MEGA WATT

Framboise Noire

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shayandblue.com

BOUTIQUE PERFUMERY SB

ESSAY

TO SELFIE OR NOT TO SELFIE

You won't catch Rosie Green taking a selfie. Or will you? Seduced by the flattery of so many 'likes', she can see the attraction. Harmless fun or a slippery slope?

Selfies? Digital crack of celebrities, teenagers and random narcissistic MPs' wives. Surely not something sane, grown-up women like you and I would do? Why? Because though our most primal instincts might compel us to spend hours posing and editing photos to get one where we look inconceivably svelte and beautiful, we know deep down that it's all kinds of wrong. Too self-obsessed, too looks-focused, too damn wasteful of precious time.

Linda Blair, *The Telegraph*'s psychologist, is a signed-up selfie-phobe and is adamant they only make us more self-critical (a recent University of Strathclyde study confirms they're linked to negative body image). She says when you look in the mirror and it inevitably differs from your pictures, the temporary high from the 'likes' you receive 'gets wiped out a hundred times over'.

This reality gap means I have friends who FREAK OUT if someone else takes their picture with little regard for disguising their hooter/mum tum/acne. So that's it decided, they're awful.

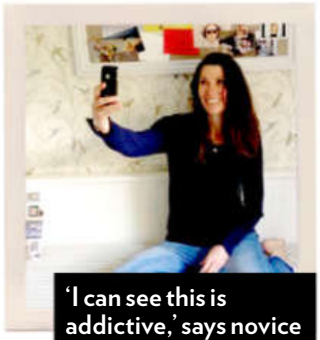
And yet… I do like the fact that selfies stick two fingers up to last century's male-dominated culture that made our mothers petrified of 'showing off' or enjoying 'frivolous' beauty and fashion. And that they've given all of us (not just models and celebs) the ability to look gorgeous in pictures. Also, in truth, I find beautiful faces joyous and inspiring (hence being an avaricious consumer of women's magazines).

> 'Instantly I look 15 years YOUNGER, and get a deluge of LIKES on Instagram. Which feels NICE. But weird'

And selfies don't have to make us feel like crap. Former *Red* stylist Laura Fantacci's Instagram feed is a life-affirming mix of sunshine, stylish buys and, yes, some selfies. The feel-good vibe is no accident. 'I really care about the people who follow me and I think about the message my pictures convey,' says Fantacci. 'It's never about showing off, it's more about sharing things as you would with a friend, like here is me and a great scarf that's on sale. I make sure my posts, even selfies, always have a purpose.'

Ah, a purpose. I decide to take my first selfie. Feeling like a prat, I drop my chin and widen my eyes. I use a filter that blurs my wrinkles and minimises my hooter. Instantly I look 15 years younger, go from a six to an eight, and get a deluge of likes on Instagram. Which feels nice. But weird. I can only guess at why people 'like' them. To connect? To affirm our friendship? Because they simply like the image? I do »

Photograph Trunk Archive



'I can see this is addictive,' says novice selfie-taker Rosie

another, this time ostensibly to show off my new long lashes. More likes. I can see this is addictive.

I've heard about these beautifying apps like PicMonkey, Facetune and Perfect365. They get the same non-sisterly, cheating rep as Botox. I download Photo Wonder. This has options to thinify, enlarge eyes, take out blemishes, shape legs, enhance breasts and add make-up. Whoa. Now we're back in dangerous territory and I'm more confused than ever.

Linda Blair helps. She suggests approaching selfies as a psychologist would, looking not at *what* someone is doing but why. She says if someone is selfie-ing for negative reasons like self-affirmation, aggrandisement or objectification, then both the picture-taker and viewer will have a negative reaction. But if they are rejoicing in beauty, sharing knowledge or just having fun then everyone feels good.

Makes sense. From now on I'm going to ensure my selfies are celebratory, not self-serving. And that applies to those I look at, too. Those posey, pouting, pointless faces that have a Dementor-like effect on self-esteem? Well that's easy. Tap UNFOLLOW.

Why I've never taken a selfie

by *Red's* beauty director Annabel Meggeson

Here I am. In a hotel room in Paris. It has been a glamorous night and I'm getting ready for bed. I notice how lovely the light is (a feature of most Paris hotel rooms, I've found) and how nice I look in my white cotton slip, prettily flushed from the night's pursuits. I become quite enamoured of my image, posturing and posing to myself. How nice it feels to look nice.

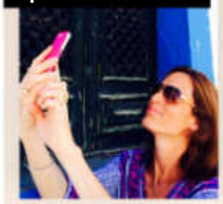
A couple of years ago, I might have deployed a camera to record this moment. A private moment, powered by a private thought with a private pleasure as the outcome. Fast-forward and that camera has been replaced by an iPhone, a device so powerful it can feed the primal urge to wallow in our own image in a way even the gods couldn't imagine.

I reach over and start tapping away. Guided by the mirror, I get the best angles, one after another. Zoom in, out. Enhance, filter, crop. WOW!

At this point, two things could happen. The gratifyingly lovely self-portrait (God BLESS post-production technology) I've created can remain a private, self-affirming expression of my identity, something to be enjoyed in a decade or two as I look back and take comfort from the fact I once looked like that. Universe willing, I might share it with a grandchild.

Or, I can show the world just how lovely I think I look by transforming it into a selfie. Trouble is, while I've successfully faded the wrinkles and dialled up my glow, I can't find a single caption or jolly hashtag that will disguise the charge of vanity and narcissism to be unleashed the second I press 'post'. I'm at peace with my many unsavoury traits, but I don't necessarily want to draw attention to them. No matter how 'empowering', 'useful' or even 'humble' (#morningface! #post-workoutface!) a selfie may be, it will always be infused with the vanity of a person who has fallen for their own image and forgotten to retain the pleasure for themselves.

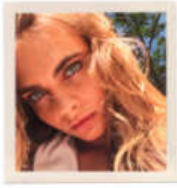
Tongue in cheek: Annabel mocks up a selfie



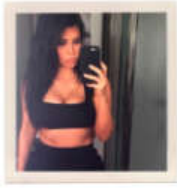
People sometimes ask how I've managed to avoid posting selfies, as demoing product is part of the job. The answer is, I get someone else to take the picture. It's subtle, but what becomes inherent then is connection, rather than self-absorption. And given that my job's all about reaching out and talking to people, connection's what you need.

I'm sure for many, selfies are mere habit. They are unthinking, fun and some people have more of a personality for them. (Studies have found people who post most selfies have more psychopathic tendencies.) But – and here's the rub – ask regular selfie-takers to *stop posting images* and how would they feel? If anxious and empty, they've been feeding the wrong wolf. FACT. And that's why I've never taken a selfie.

5 famous selfie snappers



CARA DELEVINGNE
With 16 million Insta-followers, Cara's top of the supermodel selfie lovers.



KIM KARDASHIAN
The queen of the selfie, this year Kim published a whole book of them, *Selfish*.

LENA DUNHAM
Refreshingly candid and insightful, Lena doesn't hold back with her images, or her comments.

ELLEN DEGENERES
Ellen posted *that* Oscars selfie in 2014 – the most viewed photo on Twitter *ever*.

RUTH CRILLY
Beauty blogger Ruth uses selfies to share make-up tips and must-haves.

Have your say on selfies – tweet us @RedMagDaily

Photographs Hector Franklin, Instagram/Cara Delevingne, Instagram/Kim Kardashian, Instagram/Lena Dunham, Instagram/Ellen DeGeneres, Instagram/Ruth Crilly

THE FRAGRANCE FOUNDATION

AWARDS

Promoting and inspiring the appreciation and enjoyment of fragrance.

Fragrance Foundation Award Winners 2015

ARMANI CODE ICE - GIORGIO ARMANI

BLACK OPIUM - YVES SAINT LAURENT

DAISY DREAM - MARC JACOBS

DIOR HOMME EAU FOR MEN
PARFUMS CHRISTIAN DIOR

DIOR ROSE ELIXIR PRÉCIEUX
PARFUMS CHRISTIAN DIOR

GREEN TOMATO LEAF SCENTED CANDLE
JO MALONE LONDON

HARRODS

JACK - JACK PERFUME

JIMMY CHOO MAN - JIMMY CHOO

KNOT - BOTTEGA VENETA

L'HOMME IDÉAL - GUERLAIN

ROBERTET - LIGHT MY FIRE - KILIAN

SPLENDID WOOD - YVES SAINT LAURENT

STORMFLOWER - CHERYL

WOOD SAGE & SEA SALT - JO MALONE LONDON

YOU & I - ONE DIRECTION

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Your best skin yet

Whatever life throws at her, blogger Cherry Menlove knows the answer to stressed-out, trans-seasonal skin is a great routine and some me-time

As a busy working mother of twins, blogger and entrepreneur Cherry Menlove knows a thing or two about stress, especially when you throw life's curveballs into the mix. 'My skin looked most stressed a few months after my husband was diagnosed with cancer. It had visibly aged and was sallow and tired-looking. I wasn't meditating at that time but I started soon afterwards and have meditated regularly for three years since. I've combined it with giving up sugar and using better skincare. My skin has improved enormously.'

A good skincare regime has now become an essential part of Cherry's me-time – because even daily stresses can cause sensitive skin. 'At the end of a long day, I like to take my make-up off and have a hot bath to relax. I use Simple Kind To Skin Micellar Cleansing Water on a cotton-wool pad as it gently yet effectively removes my make-up. When I'm very busy I use Simple Kind To Skin Micellar Cleansing Wipes, which come in very handy at the end of the day as they are quick and easy to use. Perfect!'

Jenna Zoe, nutritionist and Simple Kind Community expert, says: 'Inject vitality into stressed, tired-looking skin by making these daily commitments: have 30 minutes of me-time to relax, drink at least two litres of water and take three capsules of good-quality omega-3.'

THE NEW SKINCARE MUST-HAVE

Make-up artists and beauty editors love micellar water as it instantly hydrates, without causing any irritation. Made with triple-purified water and vitamins B3 and C, Simple Kind To Skin Micellar Cleansing Water is gentle yet effective. Travelling or time-poor? Try out Simple Kind To Skin Micellar Cleansing Wipes.

For simple solutions on how to achieve healthy, instantly hydrated skin, head to simpleskinadvice.com *and take the quiz. In return, you'll receive a personalised skin map and beauty video from one of the UK's biggest bloggers.*

SHOPPING

GOING FOR GOLD

Burnished bronze, butterscotch, honey and toffee – autumn's palette takes its cue from one precious shade. Dip in

Deborah Lippmann Nail Polish in Can't Be Tamed, £18
Nails become softly sparkling accessories in one stroke with this rich, bronze-y gold glitter.

YSL Full Metal Shadow in Onde Sable (far left) and Dewy Gold, £21 each
Easy-to-use shadows you can build and mix at will.

Revlon Nail Enamel in Gold Coin, £6.49
Paint every nail this champagne gold or wear it on ring fingers only for a contemporary twist.

The Body Shop Oils of Life Intensely Revitalising Essence Lotion, £15
Inspired by Asian beauty rituals, this rosehip and camellia oil-packed toner leaves skin plump and primed for moisturiser.

Clarins Joli Rouge Lipstick in Joli Rouge, £19.50
This suits-all party red outlasts your average lipstick, but isn't drying like some long-wear formulas. And the gold case feels heavy and luxe.

Giorgio Armani Eyes To Kill Waterproof Eye Pencil in 7, £27
A streak of gold is easy and bright for day. Prime and define lids with a good nude, then draw this along lashes for a subtle but eye-catching effect.

Dolce & Gabbana Velvet Mimosa Bloom EDP, £155 for 50ml
There are 12 scents in D&G's Velvet collection, but this fresh, powdery floral stands out as something special.

Christian Louboutin Nail Colour in Scarabée I, £36
A dressing-table talking point if ever there was one; the chicly holographic pink-gold polish inside should earn a few compliments, too.

Kiehl's Daily Reviving Concentrate, £36
Refreshing your make-up? Start with this featherlight, ginger-scented oil that perks up dull skin – and senses – any time of day.

L'Occitane Immortelle Divine Cream Mask, £88
The gold massager (left) that comes with L'Occitane's masque won us over. It's perfect for working the rich cream into skin for a nourishing, sculpting treat.

Illamasqua Vintage Metallix Eye Shadow in Gold, £17
Pigment-dense but blendable, start with a simple sweep across lower lids, then keep playing.

Find more of our favourite new-season beauty buys at REDONLINE.CO.UK

Words Rebecca Hull. Photographs Pixeleyes. For stockist details, see the Directory

DRY SKIN?

SANEX HAS A SHOWER GEL SOLUTION THAT HYDRATES FOR **24 HOURS**.

Dry skin is a common problem and now it has an innovative solution: a shower gel. **New Sanex Advanced Hydrate 24h,** with CeraGly Activ technology, is **dermatologically tested** and keeps your skin hydrated for 24 hours.

Recommended by 97% of Women*.
Try it, you will too.

NEW

CLINICALLY PROVEN RESULTS

www.sanex.co.uk

*97% of 32 daily body lotion users.

Keeps skin healthy

Beauty maths

Origins Original Skin Retexturizing Mask with Rose Clay, £23 + **Aerin** Rose Oil, £50 = Fresh, rose-petal skin

THINK PINK

Estée Lauder Companies' monumental breast-cancer awareness drive doesn't just involve donating proceeds from the sale of products, like Clinique Pink With A Purpose Cheek Pop (£17.50; right). This year, share a picture on social media of someone who has in any way helped fight the disease and they'll give $25. Quite a pledge; *BCAcampaign.com*

Elie Saab A/W 15

MICROTREND

Nail the khaki craze with Autograph at Marks & Spencer's All in One Nail Varnish in Fern (£6), the perfect grungy green. It sets just the right tone for a new-season manicure.

UPDATE

BEAUTY NOTEBOOK

IT'S GENIUS!

Benefit always makes products that just *work*, and the newest, Air Patrol (£21.50), is no exception. It's one of the best eye primers ever, blurring out redness and shadows, and making the whole area smooth and bright. Proceed with as much or as little make-up as you like.

3 BEST UNEXPECTED AUTUMN PERFUMES

Whether it's zesty bergamot or a profusion of flowers, a sunny ingredient adds warmth and shimmer to these *beautiful* fall fragrances

PUNKY FLORAL: Serge Lutens La Vierge De Fer EDP, £88 for 50ml

LUMINOUS MUSK: Juliette Has A Gun Gentlewoman EDP, £75 for 50ml

SPICY WOOD: Tom Ford Venetian Bergamot EDP, £142 for 50ml

MAKE ELIZABETH ARDEN SUPERSTART SKIN RENEWAL BOOSTER (£45) THE FIRST THING YOU PUT ON. IT OPTIMISES SKIN'S HEALTH AT THE SURFACE, HELPING ALL YOUR OTHER POTIONS PENETRATE BETTER.

BEAUTY INSIDER

by ANNABEL MEGGESON

NEW RESEARCH CARRIED OUT BY SANCTUARY SPA PROVIDED FOOD FOR THOUGHT. While I wasn't too surprised to hear that half of women in Britain consider themselves stressed (that's about 15 million of us in the same boat!), it's worrying that **20% OF US DON'T FEEL GOOD ENOUGH,** while 75% are always driving ourselves to be perfect. These findings are behind Sanctuary Spa's Let It Go campaign, which encourages women to step back from the chaos for a moment and hopefully take some pressure off themselves. A beauty ritual – they suggest a hot bath with the uber-frothy Sanctuary Spa Luxury Bath Float (£10) – can only be part of it, but there's no doubt **GETTING SOME TIME-OUT IS THE FIRST STEP** towards feeling good enough to stop worrying about how you measure up.

This month I have been...

COVETING Dolce & Gabbana's Perfect Mono Eyeshadows in mouth-watering Antique Rose and Zambia Beige (£25 each); **TAKING A SHINE TO** Balance Me's herbal-y Protect and Shine Shampoo, £10; **REDISCOVERING** Espa's luxe-y Optimal Skin ProSerum, £48

Photographs Pixeleyes, Imaxtree. For stockist details, see the Directory

THE BODY SHOP
THE BODY SHOP
OILS OF LIFE
INTENSELY REVITALISING
FACIAL OIL

New life for your skin

When our skin looks good, we feel good. Meet the new wonder oils from The Body Shop to nourish, revitalise and make every day a good-skin day

We put our skin through a lot. Almost every day, it is bombarded with harsh toxins that strip skin of its natural radiance and moisture. We're left feeling that our skin just lacks oomph and those good-skin days are few and far between. We're always on the search for the next glow-giving, affordable hero product to give skin a new lease of life with restored vitality, softness and elasticity. In short, we want a miracle.

While no one can promise that, thanks to The Body Shop, help is at hand. Through skincare experts, we now know that the power is in seed oils, and the new daily skincare range from The Body Shop, Oils of Life, harnesses the power of seed oils from around the world. Every product contains an expert blend of three rich, deeply nourishing oils, known for their abilities to revitalise.

> 'Incredibly nourishing and ultra-lightweight, there's a reason why oils have become skincare's new obsession'
>
> **DR TERRY, GLOBAL SKINCARE EXPERT**

Oil their skin was instantly softer*, while 90% agree that 'nutrition is replenished', giving instant results**. Signs of ageing appear reduced and skin feels recharged.

Oils of Life Intensely Revitalising Facial Oil is of 99% natural origin, too, ensuring a clean, gentle application. Seed oils are the perfect texture to penetrate skin easily and deeply. And this formula melts effortlessly on to skin, leaving a silky-soft, non-sticky finish. Oils of Life Intensely Revitalising Essence Lotion uses a unique oil and water formula, which, used after cleansing, helps prep skin for the next steps in your routine. Finally, Intensely Revitalising Cream and Gel-Cream infuse the exotic wonder oils with perfecting micro-pearls to intensely nourish, leaving a dewy, supple finish. It's not a miracle, but it's pretty close.

A new skin ritual

It just takes a few simple steps for skin to look and feel its absolute best...

DAILY REVITALISING

Apply a few drops of Oils of Life Intensely Revitalising Essence Lotion twice a day after cleansing. Next, gently massage one to two drops of Oils of Life Intensely Revitalising Facial Oil on to face and neck before applying your cream.

FEEL SENSATIONAL

Lastly, massage Oils of Life Intensely Revitalising Cream gently on to your face in an upwards motion. Use the Gel-Cream for a lighter finish.

WONDER OILS

Cold-pressed to their pure form, these seeds are one of the most concentrated sources of essential nutrients in the world. At the forefront of a new beauty revolution are the three precious seed oils: black cumin seed oil from the Egyptian Nile Valley (high in antioxidants), rosehip seed oil from the Andes foothills in Chile (rich in omega-3 and 6) and camellia seed oil from the evergreen trees of China (naturally rich in nutritive oleic acids).

Women feel *and* see the difference. 92% agree that after using Oils of Life Intensely Revitalising Facial

WE INVITE YOU TO TRY IT ON US!

Fancy a free sample of the new Oils of Life Intensely Revitalising Facial Oil? Pop into selected stores for a personalised skin consultation and sample. Hurry, while stocks last! The new Oils of Life range is available in stores, at thebodyshop.co.uk and at The Body Shop At Home.

*User test: Facial oil on 79 women – after four weeks
** User test: Facial oil on 53 women – instant results

The new online
product review site,
no need to pay a penny...

...to find out what
vacuum will really shift
a pooch's hair.

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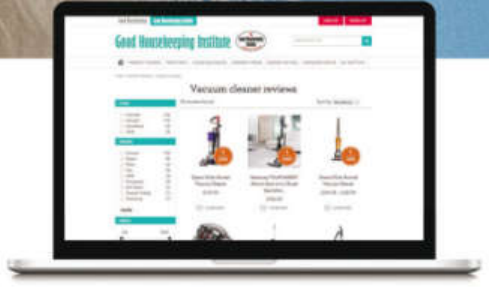


Living

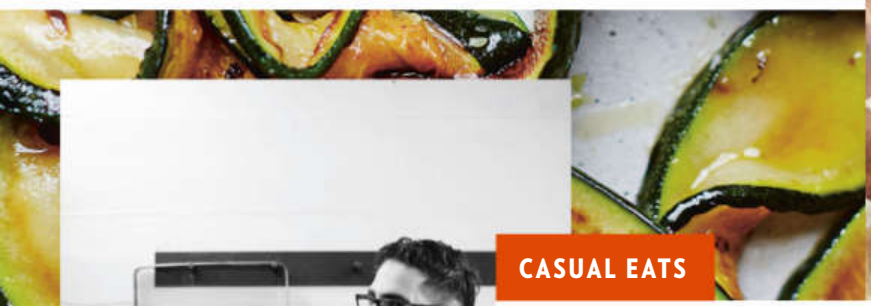
Edited by PIP McCORMAC

KEEP IT *TROPICAL*

A hint of dark verdigris speaks of more inviting climes than our own... the trailing fronds of a leafy yucca like the wafting arch of a beachside palm; spiky succulents evoking arid Balearic plains. And the best bit? They don't take much looking after. So find a quiet, sunny window ledge, fill with the garden centre's finest, and be reminded of happy holiday moments every time you pass by. Green is the warmest colour.

For tips on styling your houseplants, see REDONLINE.CO.UK

Photograph Polly Wreford. Styling Sarah Keady, Royal Horticultural Society prints (on wall), King & McGaw. Terrarium, RE. Plants. The Joy of Plants supplied by Indoor Garden Design



CASUAL EATS

WHERE *GOOD THINGS* HAPPEN

Here at *Red*, we love the chilled-out, chalkboard-and-ciabatta vibe of Fernandez & Wells – it's our unofficial canteen. Full of feel-good food, there is simple joy in every mouthful

Recipes JORGE FERNANDEZ and RICK WELLS
Photographs HELEN CATHCART

Roasted garlic with sourdough (page 226)

Gnarled wood surfaces, chalkboards and really good coffee. Just three of the reasons the café brand Fernandez & Wells is a *Red* Team staple. Oh, and its beardy blokes – always a beardy bloke – ready to toast your ciabatta with a smile, the aroma of freshly baked olive-oil cake mingling with the steam from the espresso, infusing with the noise of the coffee-bean grinder. There's alchemy in its six London branches, weaving through the jars of pickles, over the trays of gleaming tomatoes. A feeling that, for three minutes as you wait for your takeaway, or for 30 as you perch on a stool, you're going to be well fed, lightly looked after. And with this first collection of recipes from the café's new book, you can recreate that feeling at home. Elbows on the table, phones turned face-down, life momentarily put on hold. *PIP McCORMAC*

The mood at Fernandez & Wells' six London cafés is fresh, friendly and laid-back

IBERICO CHOP WITH FRIED LEEKS

It's the diet of roots and acorns from foraging on the dehesa – the oak tree-studded pastureland of southern Spain – that make these Iberian pigs so special and gives the meat its extra depth of flavour and nuttiness. It really is worth tracking down.

SERVES: 2
PREPARATION TIME: 10 minutes, plus marinating time
COOKING TIME: 15 minutes

- **2 Ibérico pork chops (available at brindisa.com)**
- **1 tbsp olive oil**
- **2 leeks, sliced**
- **1 tbsp butter**
- **Mashed potatoes, to serve (optional)**

For the marinade:

- **4 tbsp olive oil**
- **2 thyme sprigs**

1 Make the marinade by putting the olive oil and thyme into a shallow dish big enough to hold the chops, then add the meat. Turn the chops over in the marinade a few times to cover all sides, then leave for at least two hours (or preferably overnight) in the fridge.
2 Remove the chops from the marinade and season well with sea salt and freshly ground pepper. Heat a griddle pan over a high heat and lay the chops in the pan. Fry for around five minutes until browned, then flip over and brown the other side for three to five minutes.
3 Remove the chops from the pan and leave to rest. Meanwhile, add the oil to the pan and throw in the leeks. Toss for five minutes until softened, then add the butter. Serve on a warm plate with the chops and some buttery mash, if you like. »

COURGETTES WITH LEMON AND SEA SALT

All our main dishes can be served with these delicious courgettes – or, of course, you can eat them on their own with plenty of crusty bread.

SERVES: 4
PREPARATION TIME: 5 minutes
COOKING TIME: 2 minutes

- **3 medium-sized courgettes**
- **100ml olive oil**
- **Juice of 1/2 lemon**

1 Cut the courgettes lengthways into five slices, and put them in a large bowl along with half the olive oil. Toss to coat them well all over.
2 Heat a griddle pan on a high heat. Once the pan is really hot, add the courgette slices in a single layer (you may need to do this in batches) – they should sizzle as soon as they touch the pan. Griddle for one minute then turn over and cook for a further minute, or until charred on both sides.
3 Transfer the courgettes to a clean bowl and pour over the remaining oil. Squeeze over the lemon juice and sprinkle with salt. Mix well and serve.

ROASTED GARLIC WITH SOURDOUGH

This is fantastic on its own, with a bit of grilled steak or with a little dollop of tapenade.

SERVES: 2
PREPARATION TIME: 10 minutes
COOKING TIME: 1 hour

- **30 garlic cloves**
- **4 tbsp olive oil**
- **250g stale sourdough bread**
- **250ml warm water**

1 Preheat the oven to 150°C/ gas mark 2. Toss the whole, unpeeled garlic cloves in a large roasting tin with the oil so they are all coated. Roast for one hour, giving the tray a shake halfway through, until the garlic is completely soft. Remove the tray from the oven and allow the garlic to cool slightly until safe to handle.
2 In a large bowl, soak the bread in the water for five minutes. Meanwhile, squeeze the garlic out of its skins into a large pestle and mortar. Remove the bread from the water, squeeze it out, then tear it into the pestle and mortar with the garlic and a teaspoon of sea salt. Pound the mixture until well combined and then devour on sliced bread. It will not hang around for too long. »

So creamy
it's sheer
Bliss
müller
WHIPPED
GREEK STYLE
Bliss
corner
Whipped
Greek Style Yogurt
with a Strawberry
fruit compote

ZAALOUK

Essentially a cooked salad of aubergines, tomatoes, garlic, olive oil and spices, this is delicious simply spread on bread or toast. It's also good with yoghurt and is a great partner of baked lamb. The key to this simple Moroccan dish is to really blacken the aubergines to give it a delicious smoky, grilled flavour.

SERVES: 4
PREPARATION TIME: 15 minutes
COOKING TIME: 45 minutes

- **2 large aubergines**
- **1 tbsp lemon juice**
- **120ml olive oil**
- **500g tomatoes, skinned, deseeded and diced**
- **1/2 level tsp soft brown sugar**
- **3 garlic cloves, crushed**
- **1 tsp ground cumin**
- **1/2 tsp ground coriander seeds**
- **1/2 tsp chilli powder**
- **2 tbsp chopped coriander leaves**
- **Crusty bread, to serve**

1 Preheat the oven to 190°C/gas mark 5. Prick the aubergines all over with a fork or the tip of a sharp knife, place on a baking tray and bake for 30 minutes until they have almost collapsed. Allow the aubergines to become cool enough to handle, then, while they're still warm, peel off their skins. Drain away any excess liquid by squeezing them with your hands over a colander, then tip the aubergines into a large bowl. Sprinkle them with the lemon juice and leave for 15 minutes, then chop vigorously until they're finely diced.
2 Heat the olive oil in a large, high-sided, heavy-based frying pan over a medium heat. Add the tomatoes, sugar, garlic, dried spices and a teaspoon of salt to the pan, reduce the heat, and cook gently for 15 minutes. Stir in the fresh coriander and chopped aubergines, and combine thoroughly. Serve with slices of crusty bread.

KIDNEYS WITH GARLIC, PARSLEY AND BUTTER

Relatively cheap, easy to prepare and very nourishing, lamb's kidneys are great for a quick breakfast or light supper. We love this simply spiced dish, which goes equally well with a cup of tea or a glass of red wine, such as a Cabernet Franc from Bourgueil in the Loire Valley.

SERVES: 1
PREPARATION TIME: 5 minutes
COOKING TIME: 10 minutes

- **2 lamb's kidneys**
- **2 tbsp salted butter**
- **2 tbsp finely chopped flat-leaf parsley**
- **3 garlic cloves, finely chopped**
- **200g white cabbage, finely shredded**
- **1 tsp Dijon mustard**

1 Prepare the kidneys by removing the clear membrane that covers them, then cut them in half and remove the white core. Add half a tablespoon of the butter to a frying pan and heat until it has just melted. Add the kidneys and cook gently over a medium heat for two minutes on each side until cooked through. Add the parsley and stir. Season to taste.
2 Remove the kidneys from the pan and keep them warm to one side. Put the rest of the butter in the pan. Once melted, add the garlic and fry for two minutes. Add the cabbage, mustard and a pinch of salt, then add a drop of hot water and cook on a high heat for five minutes. Serve hot, straight from the pan, with the kidneys. »

Olivia now thinks the hardest part of making the perfect fondant is taking the perfect photo.

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OLIVE-OIL CAKE WITH LEMON AND ROSEMARY

A gorgeous yellow colour with a baked golden-brown crust, there's something about the olive oil and almonds that makes this feel both health-giving and satisfying. It's not too sweet and beautifully moist, so it lasts well.

SERVES: 8
PREPARATION TIME: 15 minutes
COOKING TIME: 45-50 minutes

- **1 tsp butter, for greasing**
- **50g plain flour, plus 1 tsp for dusting**
- **2 1/2 tsp baking powder**
- **125g ground almonds**
- **200g caster sugar**
- **250ml light olive oil**
- **5 eggs, lightly beaten**
- **1 1/2 tbsp chopped rosemary leaves**
- **Zest of 2 lemons**
- **Fresh raspberries, to serve (optional)**

1 Preheat the oven to 160°C/gas mark 3. Butter and flour a 20cm round springform cake tin. Sift the flour, baking powder and almonds into a mixing bowl, tip in the sugar and stir everything together. Add the oil, eggs, rosemary and lemon zest to the mix and fold together until you have a smooth batter.
2 Pour the batter into the prepared baking tin and bake for 45 to 50 minutes – the cake will have a slight wobble when you remove it from the oven, but will set beautifully once cool. (If the top of the cake seems to be browning too quickly, lay a double-folded piece of baking parchment across the top.) After removing from the oven, leave the cake to cool in its tin until firm enough to transfer to a wire rack. Slice and serve with some fresh raspberries.

Recipes from Rustic: Good Food And Drink, From Morning To Night by Jorge Fernandez and Rick Wells (Hardie Grant, £25; out October 22nd)

Find more of our favourite casual dinner recipes at REDONLINE.CO.UK

Red

IN NEXT MONTH'S ISSUE

THE BIG COAT EDIT

EVERY STYLE EVERY PRICE

ROSIE GREEN TRIES THE EAT-YOURSELF-YOUNG DIET

Red WOMEN OF THE YEAR 2015 WITH CLINIQUE

+

MEET OUR BRILLIANT WINNERS

Photograph Thanassis Krikis

RED, THE NOVEMBER ISSUE, ON SALE OCTOBER 1ST

FOOD MEMOIR

This is who I am

There's more to pop star Kelis than albums and sellout tours, and it can all be traced back to her childhood love of food

Kelis (and right, as a child) has had a lifelong love affair with food

I don't remember learning to sing. Just the same, I have no recollection of falling in love with food. But it's always been tangled up into me and who I am, since sitting at my mother's kitchen table, surrounded by bursting platters and scents from the oven suspended in the air, the staff who helped run her catering business humming around me.

My mum's work was cooking; my dad's was music. Our house was filled with both and, for me, the apple really didn't fall far from the tree.

I grew up in New York, surrounded by the people, food and sounds of the world. Nearby were joints dealing in soul food: black beans and just-baked cornbread; Jamaican places with jerk meats and, on every corner, some type of Caribbean cuisine. I would sing in the church choir on Sundays, then my three sisters and I would get taken to Theresa's, our local Polish joint, for pierogies and kielbasa. I ate my way around the world before I had even left Manhattan.

Travel started when I was 17. Fresh out of high school and signed to a record label, I was thrown into a world more far-flung than I could comprehend. I realised I could learn about a place through what the locals ate. History, values, even economics – it's all bundled up in what folk put on their plates. Spain and Italy are still two favourites. The warm days and boisterous, happy people mean there's a whisper of a promise of something new just waiting to be tasted.

Ten years passed. An advert for Le Cordon Bleu on the TV sang to me. I called up and signed on to start a course. I hadn't been in a classroom setting for so long I was terrified. But you know what? I did okay. I trained in the art of sauces and graduated with praise, awards and the confidence that, yes, I can do this.

When it was back to music and playing with my band at home, working on my album *Food* (you can see I'm obsessed, right?), I cooked up jerk ribs for everyone. That song we were creating then got named for the dish – it's track two. My food flew into my songs. They're both expressions of me. When I'm touring, pausing to cook centres me. Before a show, you'll find me in a local restaurant, cramming down falafels and shawarma kebabs. I turn up for performances so full that getting pulled into stage gear is not what I feel like doing. But for me, exploring food cultures is what being on the road is about.

My recipes and my music – they're me. *My Life On A Plate* is the name of my cookbook, and that's what it is. There's food from my mother's Puerto Rican heritage, from eating around Malaysia, dishes like plantain soup that I hankered for as a kid. It's everything: painted with the skills I learnt in culinary school.

With my food, and my songs, I want to share this joy I get from creating them. That sense of abundance, of family, of a life rich in love, travel and fun. If trying them out can make people a little as content as they make me, then you know what? I'm happy.

PLANTAIN SOUP

SERVES: 4-6
PREPARATION TIME: 15 minutes
COOKING TIME: 2 hours 15 minutes

- 900g ham hock, bone-in
- 7-8 green plantains (available at africanfoods.co.uk), peeled and cut into chunks
- 2 large onions, diced
- 8 garlic cloves, peeled and chopped
- 1 tbsp salt
- 3 fresh thyme sprigs
- 2 oregano sprigs
- 3/4 tsp ground cumin

1 Put the ham hock in a saucepan with enough water to cover by 5cm. Bring to a boil, then simmer for one hour, skimming off the foam. Add the rest of the ingredients and boil for one hour 15 minutes.

2 Turn off the heat, remove the ham hock and set aside to cool. Purée the soup with a stick blender, adding more salt to taste. Pull the meat off the bone and stir into the soup.

Recipe from My Life On A Plate by Kelis (Kyle Books, £19.99)

Find more brand-new Kelis recipes at REDONLINE.CO.UK

Photographs David Loftus, Instagram/Kelis, Getty Images

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TIME IS THE ESSENCE WE ARE MADE OF

Blonde wood, floral prints, tactile ceramics... see over for our new-season design picks

INTERIORS

THE BEST OF *BRITISH* ***design*** 2015

Words SARAH KEADY

The biggest hits at this year's London Design Festival take their lead from the A/W 15 catwalks. From clashing prints to lustrous brass, not forgetting the colour of the moment – deep blue – here's our edit of the key pieces »

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1 PRINTS perfect

PAINTERLY, TROPICAL FLORAL PRINTS WILL ENERGISE YOUR HOME – MIX BOLD TEXTILES WITH CALMER, SUBTLER SHADES TO AVOID OVERLOAD

Cotton-mix lampshade, £63, Kith & Kin

Linen lampshade, £75, Laura Slater for Unique & Unity

Starfan wallpaper, £125 for a 10m roll, Jacqueline Seifert

Viscose, cotton and polyester cushions, £105 each, Liberty

ONE TO WATCH: A RUM FELLOW

The covetable cushions and textiles coming out of this London-based studio play on traditional designs. See how this ikat print matches soft pink to bold blue? So familiar, but also, somehow, so new. A wish-list-worthy range.

Cotton brocade sofa, £3,300, A Rum Fellow

Linen and cotton cushion, £65, Anna Jacobs at Amara

IN THE KNOW: EMMA MAWSTON

As Liberty's head of design, Emma Mawston has been busy reworking the brand's archive patterns. Her love of literature informs the new Secret Garden collection (left), bringing the delicate magic of the book to life through sumptuous silk designs. »

Soft Grey wallpaper, £55 for a 10m roll, Bold & Noble

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Jonah 3 Seater Sofa

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Metal and linen pendant light, £665; **wood dining table**, £3,960; **wood stool**, £295, all Pinch

Metal pendant lights, £1,398 each, Martin Huxford

Wood pendant light, £165, Tom Raffield for John Lewis

Wood table, £295, Alexander White for Heal's

2 Natural SHINE

SOFT AND LUSTROUS, BRASS IS THE METAL OF THE MINUTE, ADDING A QUIET GLEAM TO BLONDE WOOD AND SHADES OF GREY

Linen cushion, £49, Ella Doran

Glass and metal champagne coupe, £125, Lee Broom

HOT TIP
Arguably the most raved-about interior designer right now, Lee Broom's new Department Store collection (above) is quirkily modern and utterly covetable.

Wood desk, £875; **wood stool**, £225, both Liam Treanor

Ceramic vases, £25 each, both Habitat

IN THE KNOW: MARTHA COATES
These tactile, monochrome ceramics (right) from Habitat's surface and pattern designer Coates are instant classics.

Stainless steel vase, £30, Aimée Furnival for Another Studio

ONE TO WATCH: AIMÉE FURNIVAL
Since setting up Another Studio six years ago, Furnival has continued to produce original and unexpected designs, from pop-up growing kits to hand-folded steel vases (above). »

Ceramic bowl, £24, Taz Pollard at Notonthehighstreet

Glass pendant lights, £660 each, Curiousa & Curiousa

Victoria Beckham A/W15

Christopher Kane A/W15

Jenny Packham A/W15

3 Into the DEEP

Velvet and metal chair, £3,500, Tom Dixon

Ultra Blue matt emulsion paint, as above

RICH, ROYAL BLUE IS EVERYWHERE. TOTALLY LUXE, IT MIXES WELL WITH NEUTRALS OR BECOMES A BOLD STATEMENT IN A SEA OF COLOUR

IN THE KNOW: TOM DIXON
Even this renowned British designer has strayed from his signature copper to swim in this season's bluer waters. Of course, his remastered wing-back chair still has metallic legs, but what did you expect?

Hornbeam BP5007 wallpaper, £95 for a 10m roll, Farrow & Ball

Ceramic vase, £20, Habitat

Cotton cushion, £95, Kit Miles

LITTLE GREENE'S NEW COLLECTION
This capsule range of blue paints and wallpapers is all about encouraging people to get into blue. The 21 paint shades come in a spectrum of tones, from pale denim to dark navy, but it's the intense, velvety Ultra Blue that has the extra depth we're craving.

BELOW, FROM TOP: **Camellia Smalt wallpaper**, £57 for a 10m roll; **Ultra Blue matt emulsion paint** (on placemat), £37 for 2.5l; **Old School Blue matt emulsion paint** (in pot), £37 for 2.5l; **Hampstead Penumbra wallpaper**, £57 for a 10m roll, all Little Greene

Cork placemats, £39.50 for a set of four; **cork coasters**, £18.50 for a set of four, all Jen Rowland

The London Design Festival, September 19th-27th; londondesignfestival.com

For our calendar of London Design Festival events, visit REDONLINE.CO.UK

Photographs Getty Images, Imaxtree, Natalie Dinham, Ryan Handy, James Merrell, Chris Webb, Jamie Trounce. For stockist details, see the Directory

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TIME IS THE ESSENCE WE ARE MADE OF

Kerry (below, right, with Suz and schnoodle Suki) says the kitchen is her favourite room, 'full of light'

MODERN DESIGN

HELP, I NEED SOMEBODY

Picking cushions is one thing, but managing a whole extension and redesign? The smartest way can be to hire an interior designer, found Kerry Adamson

Words PIP McCORMAC Photographs MEGAN TAYLOR
Styling 2 LOVELY GAYS

THE LOW-DOWN

WHO: Kerry Adamson and her wife Suz Mountfort, founders of the 'dramatically immersive' supper club Gingerline, their schnoodle Suki and rescue poodle Cedric.
WHERE: Forest Hill, south-east London.
WHAT: The ground floor and basement of a three-storey Victorian detached house, now with two bedrooms.
WHY: The house had been rented to students, and was 'dark, damp and grotty – but there was a big garden, which took me just two minutes to fall for,' says Kerry.
OF THE HOUSE, KERRY SAYS: 'While we're both creative, ripping down walls and overseeing a kitchen extension was beyond us. So although it sounds a bit indulgent, we called in the interior-design duo 2 Lovely Gays (2lovelygays.com). In the long run, they saved us so much money with their trade discounts and clever Ebay trawling that it hardly added anything to our £80,000 renovation budget. And it saved us making expensive design mistakes we'd have to redo later.'
FIRST THING KERRY DID: '2 Lovely Gays pulled out some things we already owned and loved – a pair of turquoise wellies, an industrial table – and used them as a starting point for the mood board. We had ideas, but it was their ability to draw everything together, and push us out of our comfort zone, that made the project work.'
FAVOURITE PART OF THE HOUSE: 'The kitchen looks out on to the garden now, and is so light and warm. And the space works hard in terms of clever storage.'
MONEY-SAVING MEASURE: Kerry had seen some expensive tiles she loved but the interior designers found a cheaper version on Ebay. They also hand-painted the budget-friendly ply kitchen cabinets in Valspar's Pool Party 'to look like something from Plain English'.

FROM TOP: The dining chairs are from Habitat, the lights from Copper and Silk; the vintage bedside chair is painted in Annie Sloan's Antoinette; 'We wanted to make a virtue of the original brickwork, by using it as a backdrop,' says Kerry

FROM ABOVE: Kerry wanted a softer haven of calmer colours for the bedroom; the sofa was an Ebay find

KERRY'S DESIGN TIPS

- Having an interior designer may seem over the top, but it will save you so much time and money in the long run that it's worth doing if you can. Our designers were so intuitive, so full of ideas, we trusted them implicitly. We'd never have used the same tiles on the kitchen floor and walls, but it worked. And they made the process fun. Having help is totally worth looking into.
- We wanted our home to be uplifting but also calming, and we managed to get the block of turquoise to work because we kept everything else very simple and clean. It's the one pop of colour in an otherwise neutral scheme, which stops it from being overbearing.
- Really, truly think about the space you have and how you use it. We all have chairs in our bedroom that become dumping grounds for just-worn clothes – we partitioned half our room off with linen to hide that part of the space and create a dressing room. It keeps the bit we sleep in feeling calm and uncluttered, like a Mediterranean holiday.
- Huge houseplants work to link the garden to the interior. We'd never heard of a fiddle leaf fig, but the designers placed one behind the sofa and it is so dramatic and just works. Bring in as much greenery as you can – it's like living art. »

STEAL KERRY'S STYLE

Wood pendant light, £115, Urbanara

Matt emulsion in Palm Springs, £12.74 for 1.25 litres, Crown Paint

Cotton tea towel, £2.99, H&M

Wood pepper mill, £35.99, Rice

Ceramic jars, from £15 each, Holly's House

Cotton cushion, £40, Heal's

Wood bedside table, £45, Ikea

Wood dining chair, £75, Habitat

Houseplants, from Urban Botanist, 'link the garden to our interior', says Kerry

Faux-ivy pot plant, £14, Rockett St George

Glass stacking vases, £50, Amara

Stoneware dinner plate, £8, John Lewis

Wool rug, £995, Graham and Green

Steal Kerry's style compiled by Harriett Monaghan. For stockist details, see the Directory

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ENGLISH HERITAGE

Making England Shine

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Metal wall clock, £55, Rigby & Mac

Metal pencil sharpener, £6, Quill London

Metal bin, £20, Habitat

Cardboard archive folder, from £19, HAY

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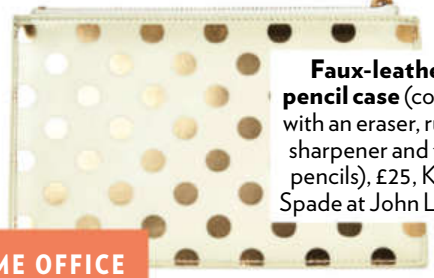
Metal ruler, £15, Tom Pigeon

Lucrite paperweights, £22 for two, Kate Spade at Amara



Faux-leather pencil case (comes with an eraser, ruler, sharpener and two pencils), £25, Kate Spade at John Lewis

Wood and metal cabinet, £325, Ferm Living

HOME OFFICE

WORKING PROGRESS

Bring a sense of calm and order to your office space with these understated new designs

Metal lamp, £60, Habitat

Calendar, £25, Tom Pigeon

Cork cone, £23, Liberty

Leather and metal chair, £85, Habitat

Cardboard and paper storage boxes, £35 for five, HAY

Metal paper clips, £12 for 12, Kate Spade at John Lewis

Wood clipboard, £20, Ferm Living

Paper blocks, from £9, HAY

Wood and glass desk, £399, John Lewis

Wood and metal stapler, £15, Marks & Spencer

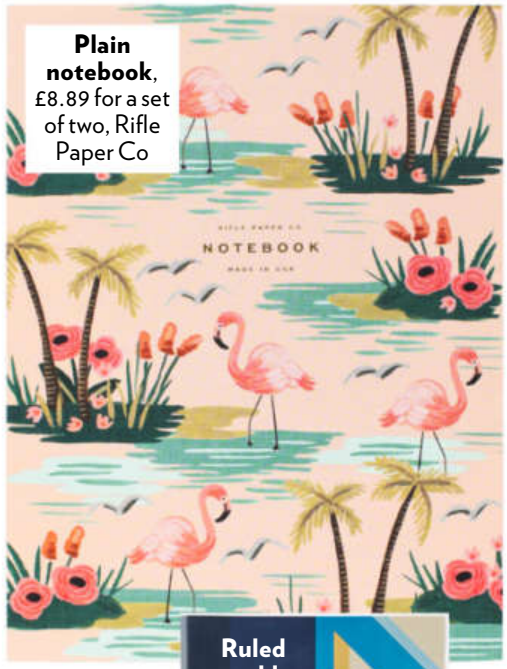
Find more home-office buys at REDONLINE.CO.UK

Compiled by Sarah Keady. For stockist details, see the Directory

SMART WORK

TAKE NOTE

Upgrade your Post-its to one of these stylish books, for thoughts worth keeping



Plain notebook, £8.89 for a set of two, Rifle Paper Co

Plain notebook, £5, Tom Pigeon

Ruled notebook, £16.95, Selfridges

Ruled notebook, £4, Marks & Spencer

Plain notebook, £2, Luna & Curious

Ruled magnetic notebook, £10, Paperchase

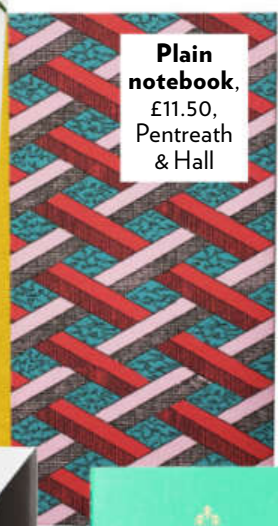
Ruled weekly planner, £10.95, Urban Outfitters

Ruled notebook, £18, Harrods

Ruled notebook, £10, Paperchase

Plain notebook, £8.95, Roger La Borde at Paperfly

Ruled notebook, £11.99, Galison at Amazon



Plain notebook, £11.50, Pentreath & Hall

Ruled notebook, £10.99, for a set of three, Galison at Amazon

PIN ALL THESE AND MORE AT **PINTEREST.COM/REDMAGAZINE**

Ruled notebook, £12, John Lewis

Plain notebooks, £6.35 for a set of two, Rifle Paper Co

Ruled notebook, £14.95, Liberty

Plain notebook, £5.50, Fox & Star

Ruled notebook, £6.95, Liberty

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Escapes

Edited by SASKA GRAVILLE

BEST OF BRITISH

THERE'S NO PLACE *LIKE HOME*

With chic b&bs, picturesque self-catering and a pub with a stately home attached, there's never been a better time to plan a staycation. We'll even throw in a giraffe or two

Sussex in style

THE LAINDONS, HASTINGS

From the moment you arrive at The Laindons, you can tell that it's run by people who know exactly what they're doing. So it's no surprise to hear that owners Sara and Jon Young have CVs that include stints at Design Hotels, Soho House and a Stockholm design agency. This pair have hospitality *and* style nailed.

The five-room, Grade II-listed house sits on Hastings' main High Street, in the midst of the Old Town. The building's lofty rooms have been given a Scandi-meets-seaside makeover, with white walls, grey carpets and Parker Knoll and Ercol furniture – while 'gull plugs' by the beds are »

CLOCKWISE, FROM TOP: Scandi-meets-coastal chic at The Laindons; breakfast is a highlight; nearby Jerwood Gallery

a comical nod to the squawky neighbours. Breakfast on the veranda is a highlight, with coffee home-roasted by self-confessed coffee nerd Jon.

Hastings itself makes for a great weekend minibreak what with impressive Jerwood Gallery (jerwoodgallery.org) and the Old Town's many antique shops. Hastings may have its less pretty edges, but with openings like The Laindons, change is in the air. And you're guaranteed a perfect cup of coffee. *SASKA GRAVILLE*
Doubles from £120 b&b; thelaindons.com

What to pack

Poly-mix jumper, £39.99, H&M

Cotton jeans, £59, Boden

Fujifilm Instax Mini 90 Camera, £160, Urban Outfitters

A foodie b&b

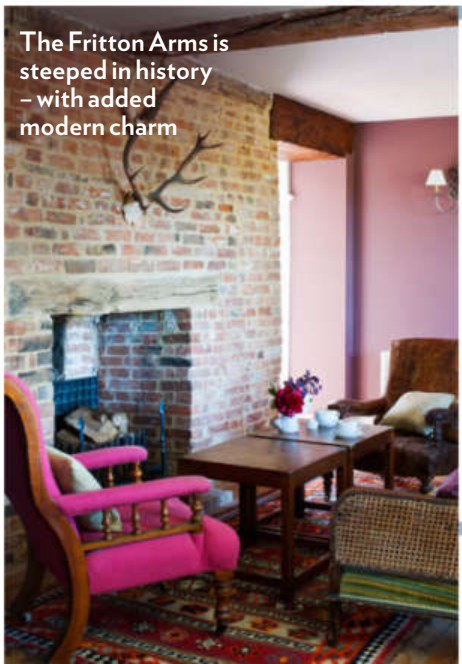
ORFORD WASH HOUSE, SUFFOLK

Food stalls, cookery demos and a pop-up patisserie: Aldeburgh Food & Drink Festival is back for a 10th year and it's not to be missed (September 26th-27th; aldeburghfoodanddrink.co.uk). Held at arts complex Snape Maltings, the site comes alive with local artisan producers as a tribute to Suffolk's culinary highs, attracting many well-known foodies.

Heading into the quintessential seaside town of Aldeburgh itself is a must. Do stop by the Fish & Chip Shop (aldeburghfishandchips.co.uk) – famed as one of the best chippies in the UK. But the place to unwind is just down the coast at Orford. Home of multi-award-winning Pump Street Bakery (pumpstreetbakery.com) and famous The Butley Orford Oysterage (pinneysoforford.co.uk), this small town knows its food.

Book into bijou b&b The Wash House. Owned by couple Polly and Mike – who turned what was their home's wash house (hence the name) into self-contained accommodation – it feels like a cosy annexe of old friends. We loved the view across the meadow-like garden, with Orford Ness National Nature Reserve on the horizon. Breakfast is a true treat: a hamper filled with delicious local goodies delivered to your door. There's nothing like discovering a hidden gem on your doorstep – I'm happy I've found it. *SAMANTHA HARRIS*
Doubles from £95 b&b; orfordwashhouse.co.uk

FROM TOP: The beach at Aldeburgh; Samantha enjoying a seaside stroll with her mum; bijou b&b The Wash House



The Fritton Arms is steeped in history – with added modern charm

Five-star pub

THE FRITTON ARMS, NORFOLK

Not many pubs come with their own stately home attached. At The Fritton Arms, a pub with rooms set in the 5,000-acre Somerleyton Estate, your only neighbour is a Jacobean manor house.

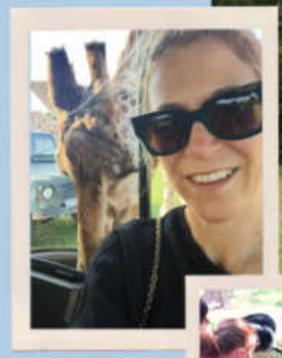
An inn has stood here since the 12th century, and the current incarnation was built in the 1500s. That's quite a heritage. Décor blends 16th-century features with contemporary touches. In the nine spacious bedrooms, lampshades and headboards are upholstered in vibrant brights; while in the bar, things are more traditional.

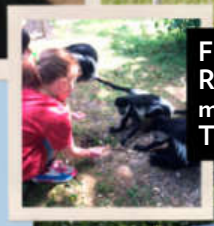
Food takes pride of place, with locally caught fish, home-grown vegetables and local cheeses. More than a charming base for the night, with its historic pedigree, The Fritton Arms is a knockout. *ALICE PANTONY*
Doubles from £130 b&b; frittonarms.co.uk

KENT GETS COOL

Two new openings are making the county one of the UK's most interesting destinations

Get the wildlife experience at Port Lympne Reserve BELOW: Nicola with Sebastian the giraffe





FROM LEFT: Riley feeds the monkeys; the luxe Treehouse Hotel

RURAL

It's not often that my nine-year-old daughter Riley and I get away for a girlie weekend. But one in a newly opened Treehouse Hotel on a safari park? I am officially Mother of the Year.

Port Lympne Reserve is a magical animal reserve (one of the UK's largest) in the heart of the Kent countryside since 1976. Now, with its sparkling new Treehouse Hotel, it's a must-visit.

All guests can jump in the safari trucks for a park tour, but if you book a VIP Safari you'll go off-road and get even closer to the animals. Riley lost her heart to the silverback gorillas; I fell in love with the giraffes. And feeding time was unforgettable – cue a shameless selfie (above) with Sebastian, my favourite – as was getting up close with the colobus monkeys.

What Port Lympne does brilliantly is combine a knockout wildlife experience with chic self-catering. Our treehouse (one of 10) over-delivered on expectations. A cool, modern apartment perched on a hillside, fully stocked with every kitchen appliance, Bamford toiletries and feather pillows. It was astonishing to be luxuriating at tree-canopy level, while rhinos roamed below. The best bit was it came with its own golf buggy for exploring the park once the day-trippers had gone home.

Port Lympne also has a main hotel, cottage and camping lodges around the estate, and the reserve is dotted with cafés if you don't feel like cooking. By the time we had to leave, Riley was already booking us in for the next visit. And I don't need much arm-twisting to see Sebastian again. *NICOLA ROSE*

A Port Lympne tree house costs from £300 per night and sleeps four; aspinallfoundation.org/treehouse-hotel. A VIP Safari costs £200 for eight people

Bamford Rose Bath Oil, £40

What to pack

Suede boots, £99, Jones Bootmaker

Wool hat, £58, Bobbl

Polyester jacket, £199, Barbour for Range Rover

Kate on Ramsgate beach BELOW: The elegant dining room at Albion House overlooks the Royal Harbour (left)

The White Company Fresh Fig Luxury Gift Set (comes with a candle and soap), £45

SEASIDE

The likes of Whitstable and Deal have long been beckoning Londoners to the Kent coast with seaside quaintness and oysters, but can one boutique hotel put the dog-eared town of Ramsgate on the map as a stylish destination? It just might.

Albion House is set in a renovated 1791 townhouse, overlooking the Royal Harbour from its small but perfectly formed 14 rooms. An oasis of chic, it marries original features and heritage decorating with modern flourishes. Add in marble bathrooms, The White Company toiletries and sea views from your bed, and you've got the makings of a perfect lazy morning.

The airy bar is buzzy with locals happy to get their artisanal gin-and-tonic fix, and the restaurant serves classic gastro fare. True, there are a few rough edges to be smoothed, but open for just a few months, it's nothing a bit of polishing won't fix. And with a private dining room and seaweed spa to come, it's just the beginning. As one of its many glowing TripAdvisor reviews puts it, 'Toto, I don't think we're in Ramsgate any more.' *KATE GILBERT* »

Doubles from £155 b&b; albionhouseramsgate.co.uk. For more ideas on holidays in England, see visitengland.com

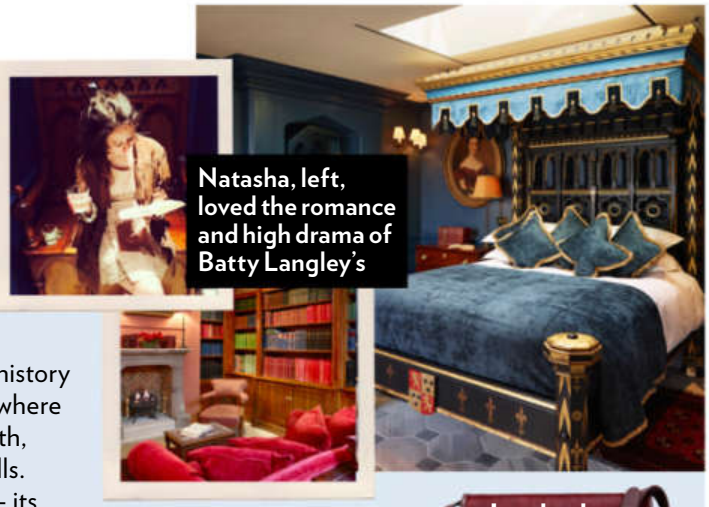
City hotspot

BATTY LANGLEY'S, LONDON

Looks, they say, aren't everything. But when it comes to Batty Langley's, a five-storey Georgian hotel in east London with wow factor, I beg to differ. Because from the moment I step through its doors, the décor whisks me to another world, full of romantic history and high drama. A sweeping staircase leads to a room where gilded swan-head taps accessorise a marble roll-top bath, and heavy silk curtains sit alongside wood-panelled walls.

Every detail oozes opulence. But not in a stuffy way – its quintessentially British glamour reminds me of the 18th-century private home of a rich, eccentric aunt. All 29 rooms differ ('because we don't believe in numbering our guests' claims the website) and I'm in the Earl of Bolingbroke, a penthouse with four rooms on two levels. Before long, I discover a bookcase, full of classics, which swings open to reveal a secret room. I'm only brought back to the 21st century when I venture out on the terrace to gawp at views of the Olympic Park. Of course, there are still some modern comforts (an Apple TV behind a folding mirror) but I'm happy to let this hotel turn back time. An evening here feels like stepping into an Austen novel that ends too soon. Escapism at its very best. *NATASHA LUNN*

Doubles from £330 (breakfast is £11.95); battylangleys.com

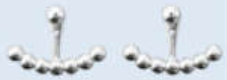


Natasha, left, loved the romance and high drama of Batty Langley's

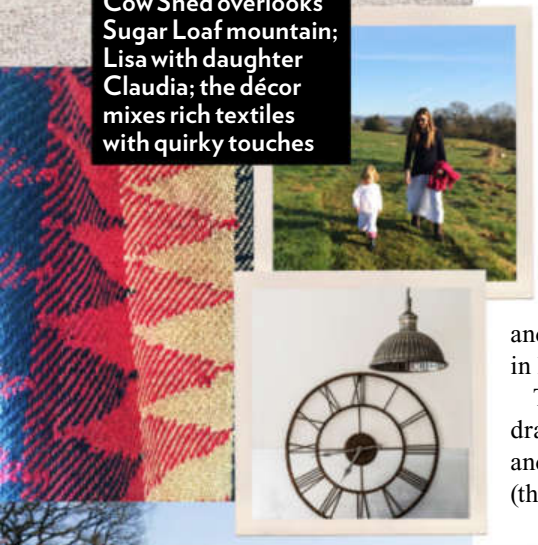
What to pack

Cotton jumper, £135, Sportmax Code at House of Fraser

Leather bag, £150, Village England



Sterling silver earrings, £89, Thomas Sabo



FROM TOP: The Cow Shed overlooks Sugar Loaf mountain; Lisa with daughter Claudia; the décor mixes rich textiles with quirky touches

Great-value charm

THE COW SHED, WALES

Night is definitely the right time to arrive at The Cow Shed in the Black Mountains, and not only because driving the last stretch – along narrow lanes, across a mossy bridge that glows emerald green in the headlamps – is so exciting in the dark. Or because, with its wood-burning stove and heavy drapes, this cottage for five was made for holing up in. It's mostly because if you arrive at night, you get to take in the drama of the landscape when you wake and watch the dawn steal across fields and mountains right outside.

The Cow Shed is a new property from Sugar & Loaf, which focuses on upmarket rentals in the Brecon Beacons and beyond, and it overlooks the mountain that gave the company its name. Its owners live between the farmhouse opposite and Hong Kong, and have furnished the converted barn in hues of ruby red and burnt orange.

The cottage is gorgeous, but the big draw is walking – up over Sugar Loaf and down to The Crown at Pantygelli (thecrownatpantygelli.com) for lunch, up to Crug Mawr and the heights of Waun Fach. With a three-year-old, the most we could manage was a short walk to the village of Llanbedr, but what a walk it was, through a field of buttercups, across a sparkling stream, through dark woods and over a rushing river. From Llanbedr, it's only a couple of miles to Crickhowell, with its local food shops and lunches at Gliffaes Country House Hotel (gliffaes hotel.com). Hay-on-Wye is under an hour's drive away; the ever-wonderful Felin Fach Griffin pub (felinfachgriffin.co.uk) even closer. We also loved poking around Gallops architectural salvage yard outside Crickhowell (gallopsltd.co.uk) and stopping at Baileys Home (baileyshome.com) on our way back to London.

But the true star here is the countryside, and there are endless ways to enjoy it, from mountain biking and canoeing (from the River Café in Glasbury to Hay), even hot-air ballooning. A natural wonderland. *LISA JOHNSON*

The Cow Shed costs from £380 for three nights and sleeps five; sugarandloaf.com

From pubs with rooms to five-star city breaks, we've got the Best of British at REDONLINE.CO.UK

Photographs Getty Images, Alex Bland. Prices correct at time of going to press. *Red* accepts no responsibility for prices having changed since then. For stockist details, see the Directory

Timeless STYLE

Flattering shapes, luxe fabrics and a neutral palette are this season's style rules at The White Company

Autumn is all about layers. Invest in luxe knitwear to see you through this season and next

Cardigan, £69; **top,** £65; **jeans,** £89; **scarf,** £75

Chic staples, muted shades and simple lines, that's what autumn's all about, and The White Company has everything you need to nail the new-season look. A brand synonymous with laid-back luxe, things are set to be no different this autumn. Chunky knits, throw-on scarves and slouchy layers, all with a feminine edge, make for off-duty dressing at its best. Inspired by the lives of the women who buy their clothes, these pieces are the building blocks to your wardrobe – and at affordable prices. So dip in and make your autumn styling effortless.

Take note: this A/W 15 your wardrobe's not complete without a long-line sleeveless jacket – wear with everything

ABOVE: Waistcoat, £149; **top,** £30; ; **trousers,** £89; **hat,** £49; **bag,** £55

White on white, day or night, is the only statement you need to make

Top, £65; **jeans,** £98, **scarf,** £69; **shoes,** £65

GET 20% OFF THE WHITE COMPANY

To celebrate 21 years of The White Company, Red readers can claim an exclusive 20% off* plus free delivery on the new-season collection.

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THE WHITE COMPANY LONDON

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WIN A FOSSIL HANDBAG, WATCH AND BRACELET

Fossil has always been the place to find the perfect accessories – take the Preston Flap, a cool satchel in durable leather (£169), the Taylor watch in polished steel (£115) and the perfectly pretty Dainty Dot Bangle (£45). Enter at clubred.redonline.co.uk for your chance to win them.

FREE CONDITIONING WHIPPED CREAM FROM MILK_SHAKE

Red's beauty director Annabel loves salon range Milk_Shake, which uses blends of fruit extracts and milk proteins to create its daily and intensive hair treatments. For each beauty purchase of £20 or more, subscribers can claim a free award-winning Conditioning Whipped Cream, worth £15.49. Claim yours at clubred.redonline.co.uk.

20% OFF AT PEOPLE TREE

Ethical fashion brand People Tree has long proven that fair-trade clothing doesn't need to scrimp on style – think well-cut dresses, Bardot Breton tops and handmade totes. To get 20% off, go to clubred.redonline.co.uk.

SEE PAGE 67 FOR DETAILS ON HOW TO SUBSCRIBE

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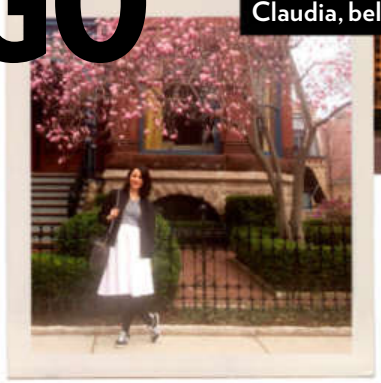
MINIBREAK

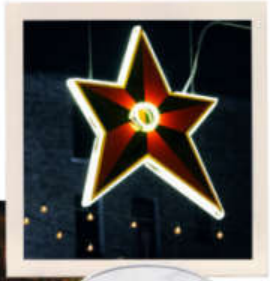
Live like a local in... CHICAGO

When is a hotel more like a private club? When it's Virgin's first ever hotel in Chicago. *Red* checks in for a fun-filled weekend of luxe living

Words CLAUDIA CANAVAN

Don't miss a trip to Millennium Park and the Bean – a real highlight for Claudia, below



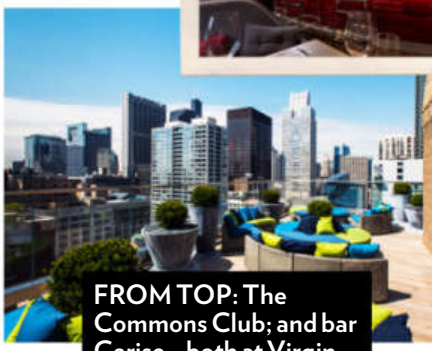


Where should I kick off my weekend?
In Wicker Park – the current go-to for the town's cool and creative types. Visit The Violet Hour for expertly shaken cocktails in a speakeasy-style interior (theviolethour.com), before moving on to Mex-inspired hangout Big Star for tacos, tequila and local beer under streams of fairy lights (bigstarchicago.com). Top it all off with a dessert of dreams at Mindy's Hot Chocolate restaurant (hotchocolatechicago.com).

Sip cocktails at The Violet Hour, then head to Big Star for tacos and local beer

Any other hotspots?
Millennium Park. This huge green space is abuzz with attractions that lure in locals, from outdoor film screenings to art installations and the Bean: a huge, domed stainless-steel sculpture so polished you can see the reflection of the city's skyline in it (cityofchicago.org).

What about culture?
This is a city buzzing with music. The (free) Chicago Jazz Festival (September 3rd-6th) is billed as an extravagant celebration of the city's blues-y heritage. The Art Institute of Chicago is a cavernous and beautifully designed haunt with antiques and artefacts from Byzantine times, plus shows from the likes of LA-based sculptor Liz Larner. Then head downtown to the Museum of Contemporary Art Chicago for an afternoon in the company of its constantly rotating exhibitions.



FROM TOP: The Commons Club; and bar Cerise – both at Virgin Hotels Chicago; perfect after a visit to the Art Institute of Chicago

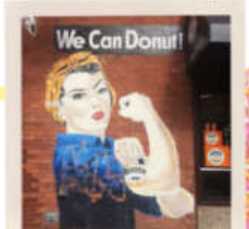
Where should I stay?
Virgin Hotels Chicago (virginhotels.com) is the first hotel from entrepreneurial juggernaut Sir Richard Branson (a further 20 are planned for the US and Europe in the next 10 years). It's a slick, fun and energetic place to base your break. Chambers – more than a room, not quite a suite – have walk-in power showers, light-up vanity mirrors, super-luxe double beds and dressing gowns that feel like a cuddle.

Sounds like a fun check-in...
You must try the cocktails at bar Cerise, on the 26th floor, with dazzling views of the city after dark. A green colada (kale, spinach and pineapple juice) in the second-floor The Commons Club will fix any hangover in the morning.

Getting there?
Virgin Holidays offers three nights' b&b, plus economy flights with Virgin Atlantic from London Heathrow for £1,249, based on two adults sharing; virginholidays.co.uk.

5 must dos

- See the skyline from the water, on a Chicago Architecture Foundation River Cruise, and learn how it became a thriving metropolis; *architecture.org*
- Whizz up the Willis Tower to stand atop a glass ledge 103 floors up, and capture a view that spans four states; *willistower.com*
- Visit local legend Glazed & Infused, for big-as-your-face doughnuts in exotically filthy flavours like maple and bacon; *goglazed.com*
- Check out an intimate set with local bands in the Virgin Hotels' Room 72. A dark, atmospheric setting with phenomenal acoustics; *virginhotels.com*
- Take in the city on two wheels with a Bobby's Bike Hike tour around Chicago's green parks and museums; *bobbysbikehike.com*



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Photographs Getty Images

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INSPIRATION

LUNCHBOX *REBOOT*

Bored of joyless salads at her desk, Cathy Levy went in search of a lunchtime upgrade

I'm a dedicated packed luncher; I like to know exactly what I'm eating and I like it to be nutritious. But my standard box of leaves and sliced chicken/canned tuna (on rotation) was making me feel nothing but sadness. The love had gone from my lunchbox.

Cue a few calls to some of *Red*'s favourite healthy chefs, from Hemsley + Hemsley to Lorraine Pascale, et voila, my lunch has been transformed into a thing of flavour and variety. There is some forward planning and prep involved, but there are also some recipes that take less than 20 minutes to whip up. While some of the ingredients may seem lavish, just think of the money you're saving when you DIY. »

Kelp pot noodle by Hemsley + Hemsley (recipe over page)

KELP POT NOODLE (page 259)

by Hemsley + Hemsley

This is a hotter version of Hemsley + Hemsley's original kelp pot noodle, with some added tang and spice, which I love. The Hemsleys even take their pot noodles on long-haul flights. 'Just ask the flight attendant to fill it with hot water. They're always intrigued enough to do it!' says Melissa. You'll need a heatproof jar (I found one at Muji). At lunchtime, add boiling water and wait five minutes.

SERVES: 1
PREPARATION TIME: 10 minutes
COOKING TIME: 5 minutes
KEEPS IN FRIDGE: 3 days

- **35g kelp noodles**
- **1 courgette or 1 carrot, spiralized or cut into strips with a peeler**
- **1 tsp grated fresh root ginger**
- **Handful of chopped fresh coriander, mint or Thai basil**
- **2 tsp unpasteurised miso paste for an umami taste or 2 tsp tamarind paste for a tom yum flavour**
- **Your choice of steamed veg (such as green beans, broccoli and cabbage) and raw veg (such as sliced peppers, mushrooms and spring onions)**
- **A few tbsp cooked quinoa, lentils or shredded chicken, or a soft-boiled egg**
- **Juice of 1/2 lemon or lime**
- **Fresh red chilli or a little chilli powder (optional)**

1 Rinse the kelp noodles and drain, then add everything apart from the citrus juice and chilli to a heatproof jar with the miso or tamarind paste and a pinch of sea salt. Keep refrigerated until you're ready to eat.
2 Boil the kettle, then let the water cool for a few minutes before filling the jar to 2cm from the top. Stir and leave for five minutes with the lid on loosely. Squeeze in the lemon or lime juice and chilli, if using, and stir again before diving in.
The Art of Eating Well by Hemsley + Hemsley (Ebury, £25)

AVOCADO BOATS WITH PEA PUREE

by Tess Ward

If, like the *Red* office, you're obsessed with avocados, Tess Ward encourages you to have them at work. Make the pea purée ahead of time, pop an avocado in your bag and build the boats at your desk. The purée is good with crackers, too.

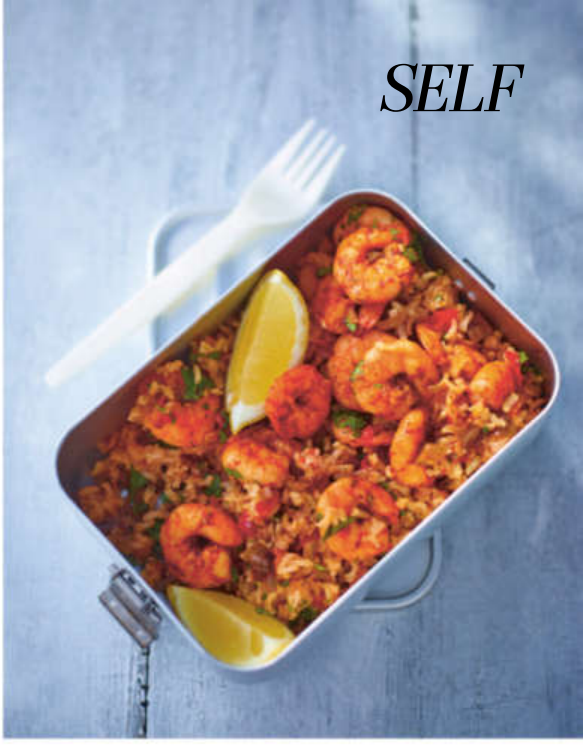
SERVES: 2
PREPARATION TIME: 5 minutes
KEEPS IN FRIDGE: 2 days

- **100g frozen peas**
- **75g feta, plus extra to garnish**
- **1 garlic clove, crushed**
- **2 tbsp lime juice, plus extra to garnish**
- **2 tbsp chopped mint leaves, plus extra to garnish**
- **2 tbsp extra-virgin olive oil, plus extra to garnish**
- **2 avocados**

1 Blitz the peas, feta, garlic, lime juice, mint and oil in a blender. Or leave the peas to thaw and mash all the ingredients using a fork. If it's too thick, add a little more olive oil or lime juice.
2 At lunchtime, slice the avocados in half, remove the stones and score a few criss-cross slits into the flesh. Pile the pea purée high into each half. Add a good grinding of black pepper and a little extra feta, olive oil, lime juice and mint leaves.
The Naked Diet by Tess Ward (Quadrille, £16.99)

'Take a PROBIOTIC plain yoghurt to work and pack some TOASTED NUTS and FRESH BERRIES separately, then put it all in a bowl with a dollop of honey (from the desk drawer) for a QUICK AND EASY dessert'

TESS WARD



PAPRIKA AND CUMIN-SPICED PRAWN LUNCHBOX RICE SALAD

by Lorraine Pascale

Lorraine suggests switching the prawns for chicken, shredded with a fork, and topping with fresh mango or avocado, as alternatives.

SERVES: 4
PREPARATION TIME: 5 minutes
COOKING TIME: 25 minutes
KEEPS IN FRIDGE: 2 days

- **2 tbsp butter**
- **225g brown long-grain or basmati rice**
- **1 red onion, finely chopped**
- **2 large tomatoes, cut into cubes**
- **3 garlic cloves, finely chopped**
- **1.2 litres chicken or vegetable stock**
- **250g raw, peeled MSC-certified king prawns, or precooked frozen prawns**
- **5 slices jalapeno pepper (from a jar – look for a sugar-free brand), roughly chopped (optional)**
- **1 tsp paprika**
- **1 tsp ground cumin**
- **1 tsp dried oregano**
- **Leaves from 1/2 bunch fresh coriander, finely chopped (optional)**
- **1 lemon, cut into four, to serve**

1 Put one tablespoon of the butter in a large sauté pan over a high heat and add the rice. Cook for three to four minutes, moving it from time to time. The rice should turn golden brown and a little crispy.
2 Reduce the heat to medium, add the onion and cook for two to three minutes, stirring occasionally. Add the tomatoes and garlic and cook for one minute. Add the stock, then cook the rice according to the packet instructions.
3 Five minutes before the rice is ready, put the remaining butter in a medium frying pan over a high heat. Once hot, add the prawns, jalapeno (if using), paprika, cumin, oregano and a pinch of salt. Cook for a couple of minutes, stirring regularly, until the prawns (if raw) are pink.
4 Once the rice is ready, drain and add the prawns and coriander, if using. Season to taste and serve with a lemon wedge.
Eating Well Made Easy by Lorraine Pascale (Harper Collins, £20)

‘For a quick salad flavour ENHANCER, add chopped fresh herbs, lemon zest and A GOOD PINCH of pink Himalayan salt’
NATASHA CORRETT, HONESTLY HEALTHY

‘To make any grain, veg and legume combination exciting, whizz up a home-made pesto oil with some coriander and mint, a handful of sunflower seeds and a tablespoon of oil, and blitz in a food processor’
LILY SIMPSON, THE DETOX KITCHEN

MY 3 GO-TO DRESSINGS

These come from Natasha Corrett of Honestly Healthy. You can have the same salad every day, she says, but if you change the dressing, each one is a different meal. They all last around four days in the fridge in airtight containers. *honestlyhealthyfood.com*

TAHINI DRESSING
• 2 tbsp tahini • 6 tbsp water • Squeeze of lemon • Pinch of salt

SWEET MISO DRESSING
• 2 tbsp sweet white miso (eg Clearspring, available in supermarkets) • 1 tbsp water • Dash of sesame oil • Squeeze of lime

NATASHA’S SECRET SALAD DRESSING
• 4 tbsp olive oil • 2 tbsp tamari • 2 tbsp balsamic vinegar • 1 tbsp honey or agave syrup

How to make sure you feel full all afternoon

by Melissa Hartwig, The Whole30

To get really consistent energy throughout the day, you need to make sure your lunch contains protein and some healthy fats. Start with a chicken breast, a hard-boiled egg, salmon fillets or leftover steak, then add some veg (steamed or raw) to make a big base salad. Add healthy fats: avocado, olives, dressing made with olive oil or avocado. You can also add fruit, such as berries, apples or peaches. » *whole30.com*

CHICKPEA SALAD WITH AVOCADO MAYO AND YELLOW COURGETTI

by Lily Simpson, The Detox Kitchen

Lily says chickpeas are a great vegan, gluten-free source of protein and fibre, which help stabilise blood-sugar levels and will keep you feeling fuller for longer.

SERVES: 2
PREPARATION TIME: 10-12 minutes
KEEPS IN FRIDGE: 2 days

- **100g canned chickpeas**
- **1 tsp rapeseed oil**
- **Juice of 1/2 lemon**
- **Handful of cashew nuts, toasted**
- **2 spring onions, sliced**
- **5 radishes, chopped**
- **100g cherry tomatoes, halved**
- **Handful of parsley, finely chopped**
- **4 chives, finely chopped**
- **1 yellow courgette, grated into thin strips with a julienne peeler**
- **Fresh chilli, to taste (optional)**

For the avocado mayo:

- **1/2 avocado**
- **1 tsp rapeseed oil**
- **Juice of 1/2 lemon**
- **3 chives, roughly chopped**

1 Drain the chickpeas, rinse and place in a bowl. Add the oil, lemon juice, cashews, spring onions, radishes, tomatoes, parsley and chives, season and mix well.
2 To make the avocado mayo, blitz all the ingredients in a food processor with some salt and pepper until it resembles mayonnaise.
3 In a bowl, mix half the avocado mayo with the yellow courgetti. Top with the chickpea salad, the rest of the avocado mayo and some fresh chilli, if using.
The Detox Kitchen Bible by Lily Simpson and Rob Hobson (Bloomsbury, £25); detoxkitchen.co.uk

> ‘Make this vermicelli rice noodle SOUP at work in FIVE MINUTES. Put noodles in a bowl, cover in boiling water for three minutes, add diced CUCUMBER, carrot, bashed peanuts, spring onion, leftover SHREDDED MEAT, a drizzle of sesame oil, vinegar, lime, ginger and grated garlic.’
>
> **SOPHIE MISSING, CO-AUTHOR OF *THE LITTLE BOOK OF LUNCH* (SQUARE PEG, £16)**

FOR KIDS TOO

RAINBOW VEGGIE WRAPS

by Tanya Maher, Tanya’s Cafe

Raw-food guru Tanya uses these to get kids to eat salad without even trying. ‘Wrap them in paper decorated with their favourite superheroes, bright colours or patterns and watch them enjoy unwrapping and eat the lot!’

SERVES: 4
PREPARATION TIME: 20 minutes
KEEPS IN FRIDGE: 1 day

- **2 carrots**
- **2 beetroots**
- **2 green apples**
- **2 ripe avocados**
- **4 ready-made raw wraps (available from health-food stores, or to make your own, see Redonline.co.uk)**
- **8 parsley sprigs**
- **240g soured cream or cheesy sauce (keeps for five days in the fridge, see Redonline.co.uk for recipe)**

1 Scrub the carrots, beetroots and apples under running water and grate into a bowl. Halve and de-stone the avocados, then slice the flesh while it’s still in the skin. Scoop out the slices into a bowl.
2 To construct the wraps, start by layering on the not-so-juicy carrot and apple first to avoid making the wraps soggy, then add the beetroot, avocado, parsley and sauce or soured cream. Roll up the wraps and secure with hemp string.
The Uncook Book by Tanya Maher (Hay House, £16.99)

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Photographs Getty Images

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'By adding antioxidants into your DAILY beauty routine you can shield your skin against DAMAGING chemicals and toxins'

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Gold Collagen is hosting an event with *Red* during Smart Women Week. For more details head to **smartwomenweek.co.uk**

'This process has been revolutionary in my parenting and my partnership with my husband,' says Brené Brown

HAPPINESS IS... PERMISSION TO *FAIL*

If you're not failing in your life, you're not doing it right, says self-help superstar Brené Brown. Because when you throw yourself in wholeheartedly, mistakes are bound to happen. Saska Graville, for one, feels better

Brené Brown should be available on the NHS. Just one conversation with the US academic, author and speaker, and I feel more forgiving of myself than I did before we started to chat. Forgiving of the sort of small-yet-cumulative failures that, I now know, can build into a soundtrack of negative chatter in my head.

We all have our own version. Mine goes along the lines of: 'Why didn't I go to the gym? I'm fat'; 'Why did I snap at my mother? I'm a horrible daughter'; 'Why don't I feel on top of everything at work? I'm terrible at my job.' Brown has heard it all before. 'It all goes back to "I'm not enough",' she says. '"I'm not perfect enough", "I'm not able to hold it together."'

As you may already know, Brown taught us the power of vulnerability in her TED Talk (seen by 21 million people) and of courage in her 100,000+-selling book *Daring Greatly*. In her new book, *Rising Strong*, she is focusing on failure. 'If you live a courageous life, you're going to fail. If you lead a brave life, you're going to fall, and you're going to get hurt.' *Rising Strong* is about how to get back up. Or, for the failures in our head, how to see beyond to what's *really* going on.

I'll admit that I'm not a self-help book fan. I've tried a few, but never made it past the first chapter. But Brené Brown's work cuts through my squeamishness. With a robustness based on data (Brown is an academic; she and her team have interviewed thousands of people to develop her theories) and a no-bullshit tone of voice that's both funny and insightful, her work is so compellingly on the money that I challenge even the most hardened cynic not to be affected.

'*RISING STRONG* IS ABOUT SAYING, "OKAY, I'M GOING TO SHOW UP, BUT WHEN I GET MY ASS KICKED, WHAT HAPPENS NEXT?",' she tells me. 'If *Daring Greatly* was about having to risk being the first one to say "I love you" in a new relationship, *Rising Strong* is about what happens when you don't hear it back. If you read this book, you'll know more about who I am than previous books,' she says. 'I think I've always told vulnerable stories; this is tougher stuff for me.'

The heart of the book is a no-holds-barred three-step emotional process that Brown has dubbed: the Reckoning, the Rumble and the Revolution. She illustrates it with the sort of domestic ding-dong most of us know only too well, which had happened a few nights earlier, with her husband Steve. 'He asked me, "What's for dinner?", and I said something shitty and defensive like, "This is not 1950, I don't know what's for dinner." He said, "Jeez, what's the deal?", and I said, "It's been »

GIVE YOURSELF PERMISSION

If you ever encounter Brené Brown in the flesh, check her pockets. Chances are, you'll find a Post-It with a message on it – one of her 'permission slips'. A note giving you permission to be wholly yourself or a way to deal with a situation. 'I did a talk for Disney, and had a slip in my pocket that said "People". I wanted to stop thinking of the audience as their titles at Disney, and just as people, with their partners and troubles. If I'd walked in and talked to their titles, I would have failed.'

a 12-hour day for me, and I have no idea what's for dinner. Are you expecting it to be on the table?"'

THIS IS WHEN STEP ONE, THE RECKONING, NEEDS TO KICK IN, THE REALISATION THAT SOMETHING EMOTIONAL IS GOING ON. 'The Reckoning is the moment I realised, "I'm out of bounds here,"' says Brown, of her self-confessed 'shittiness' and emotional failure with Steve. 'I fired back a hostile response to Steve's benign question. One of the questions we ask in the Reckoning is: "What triggered you and what emotion is it?"'

To discover that, you have to move on to step two, the Rumble, unpicking the story you're telling yourself, what Brown calls a 'shitty first draft'. (Don't you love a sweary self-help guru?) 'The Rumble is when I told Steve, "I'm making up that you're asking why dinner's not on the table."' Her story was that Steve was expecting dinner and that she, his wife, was a failure for not having it sorted. 'All shitty first drafts go back to "I'm not enough",' says Brown. 'I started crying a little bit, and I said, "I'm so overwhelmed right now." And Steve said, "You've got too much on your plate for five people, let alone one, so why don't we get the kids and go out for dinner?"'

Finally, comes the Revolution. 'The Revolution for me was comparing my shitty first draft to what the truth actually was, and realising Steve is my greatest ally. To disconnect from him and push against him is shooting myself in the foot. He's not the problem; he's going to be part of the solution.'

What I love about this anecdote is that it's not a story of failure on an epic scale; it's the sort of emotional blip we all have, daily. But these blips – shame about not being pretty enough, young enough, thin, a good mother, partner… the list goes on – all add up to beating ourselves up. (Don't tell me I'm the only one who does this.) 'If we don't engage in this process and dig into the Rumble, we keep telling ourselves the same story every time we fail,' says Brown.

I think back to an incident at work the previous day, where a project I'd been working on had been questioned in a meeting. I was mortified, and in my shitty first draft, I was being accused of not being good at my job. I went home resenting my manager for it – hugely. Working through Brown's three Rs, I realise, in fact, the questioning was constructive not critical, and it was my own state of feeling swamped that was triggering my sense of failure. As with Brown, I was silently ranting at someone who was actually an ally.

Brown filming *Super Soul Sunday* in July with Oprah Winfrey

'This process has been revolutionary in my parenting and in my partnership with my husband,' says Brown. 'Now, with him, we go straight to: "The story I'm making up is…"' (If this sounds too emotionally evolved, fear not. There's a wonderful episode in the book where an exasperated Steve tells his wife, 'Don't quote your research to me. Please.')

BROWN IS THE FIRST TO ADMIT THAT EVEN SHE HASN'T GOT IT ALL SORTED. 'But let me tell you the difference between me today at 49, and me at 35 or 40. I still make up the stories, but a) I know I'm not alone, and b) I know that crap needs to be reality-checked and I know the process to do it.'

So what is the most frequent 'soundtrack' of failure in her head? 'That if I don't take on every opportunity, someone will think I'm not good enough.' This seems astonishing from a woman who writes bestsellers, gives sellout talks, is lauded by Oprah and has launched a global network of *Daring Greatly*-accredited practitioners to teach her work. On what planet could she possibly be 'not good enough'?

'It's a sense I'll squander what I've built if I say no to a project,' she says. 'Don't you ever feel like that?' The truth is, we all do. And that's the power of Brené Brown: she identifies those failures and stumbles that we all encounter, and gives us the tools to navigate them. 'I stay open to the idea that this is not a checklist I can accomplish and move forward. It's a way of living, it's a practice,' she says. And if she's not done with it yet, you can bet the rest of us are nowhere near.

Brené Brown reveals how to avoid feeling like a failure on social media at REDONLINE.CO.UK

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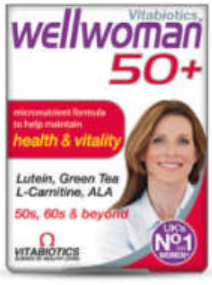

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RELATIONSHIPS

MY YEAR OF *CONSCIOUSLY* UNCOUPLING

Gwyneth and Chris may have managed an amicable separation, but is it possible for the rest of us? An anonymous writer turns to the good-divorce guru

THE COLLAPSE OF MY MARRIAGE HAS BEEN A LONG, PAINFUL PROCESS. At the time of writing, Ed* and I have been together just shy of 20 years, married for 10. We've been limping along for far longer though, with things taking a bad downward turn after the birth of our first child, Rosa, eight years ago, and not improving after Max was born (he is now five). Six months ago, I told Ed I wanted a divorce.

With separation on my mind for some time, I've followed Gwyneth Paltrow and Chris Martin's seemingly amicable split avidly. Paltrow Instagrammed a picture of Martin and daughter Apple this Father's Day with a caption celebrating 'all the engaged and present fathers'. But it hasn't all been easy: Paltrow has confessed she hasn't always loved the post-split weekly family brunch: 'We're going to brunch because it's Sunday and that's what we'll do. The children are our commitment.'

It was the initial Paltrow-Martin split that brought us the much-derided neologism: 'conscious uncoupling'. The term, from US relationship expert Katherine Woodward Thomas, is a fancy name for her framework for a blame- and acrimony-free separation. Now, Woodward Thomas has written a book and, for me, it couldn't be better timing.

I remember reeling in the months after Rosa was born, at how withdrawn Ed became. He's always worked very hard but the arrival of our baby coincided with a new job. The hours his employers asked of him were crazy; he willingly obliged. Weekends, late nights, which got later and later – 12, 1, 2am – then up again at 6am.

I was juggling freelance work when Rosa was asleep with cooking and housework. Due to some bizarrely *Good Life*-ish urge, I did real nappies with endless washing and no tumble dryer. Ed, who'd grown up in a house so spotless you could lick any surface and taste Pledge, made it known he was disappointed by the chaos. I felt we'd slipped into the 1950s, with me as a substandard wife.

When I was breast-feeding and Ed struggled to soothe Rosa, instead of encouraging him to persevere, I'd take the baby back. If he reacted grumpily to requests for help in the house, I'd say, thin-lipped, 'Don't worry, I'll do it.'

We had spells of couples therapy, set targets: him helping with two bathtimes a week, say, or not working one day at weekends. Me nagging less. But we never stuck to these for long. The situation only got worse with a move away from London and our second child, Max. I felt isolated from my family and friends. There were arguments, but I found it hard to muster the mental energy to fight. I got depressed, then anxious.

> 'It unearthed some DEEP stuff that will change the way I am in RELATIONSHIPS in the future'

IT WAS ONLY FOUR YEARS ON THAT I FELT STRONG ENOUGH TO FINALLY SPLIT UP. Now, we're stuck in the same house, and will be until we sort out our finances, which could be months. I've stopped expecting anything from Ed, and life is strangely more harmonious, even though it is sad. I feel sick with worry about the pain my decision will cause the children, and a sense that there is something deeply selfish about it, even though I know the alternative would be intolerable for us all.

Before I interview Woodward Thomas, I read the book. Oh my God, it is good. It felt like six sessions with an excellent therapist. It unearthed some deep stuff that will change the way I am in relationships in the future.

At the heart of the conscious-uncoupling process is a need to identify what Woodward Thomas calls »

* Names have been changed

your 'source fracture', a destructive relationship pattern from childhood. She explains it thus: 'This has happened before, hasn't it? Different faces and circumstances, yet similar painful dynamics.'

I'm shocked how quickly the book helps me pinpoint my own. Namely, a sense that other people's bad feeling and upset is my responsibility. I know this has to do with my domineering father. He'd fly into rages and is maddening to argue with as he is utterly, unbendingly convinced of his own righteousness. Just like Ed, funny that.

The book asks me to identify how this feels, physically, in my body. I know immediately: a tightness across my chest caused by a bowling-ball-sized mass of entangled black elastic bands. Then it asks me to try to identify an incident that made me internalise the feeling.

I was nine. We were on a family camping holiday in Wales, on a beach. Our Jack Russell puppy ran up to a neighbouring family's picnic and ate two of their sausage rolls. They overreacted, an argument ensued and Dad lost it with them. Their children started crying. Stony-faced, Dad ordered us back to the car. I caught the eye of the smallest child. He looked so sad that I ran back and apologised on Dad's behalf.

When we got back to our tent, Dad tore into me with a verbal ferocity that was merciless, even by his standards. It made all my own virtuous impulses – empathy, interest in the welfare of others – seem disingenuous, markers of my 'goody two shoes' need to be liked. What's more, this people-pleasing impulse was so tainted that it could trigger truly ugly and aggressive feelings from one of the people who loved me the most.

I could see, reading the book, I had replicated this with my husband. I'd subsumed my own needs under a fire blanket of motherhood. Unsurprisingly, the resentment had grown.

Later that night, I started a conversation with Ed to explain what I'd found out. Woodward Thomas talks about the 'narrative' each partner constructs, painting themselves as 'the victim', 'aggressor', 'put-upon one' or, in my case, 'the one who is right'. It feels good to acknowledge my part in the breakdown of our marriage.

On Skype with Woodward Thomas a few days later, she reminds me the goal is to remain amicable, for ourselves but also for our children. 'There's a temptation, once you decide to end a relationship, to think, "It's open season now, I can say whatever I like because it's over." It's so important to fight that urge.' Although this is common sense, I know too well it's easy to let anger or resentment take over. That week, I notice myself taking greater pains to avoid saying anything negative about Ed to friends.

SO HOW SHOULD I MANAGE THIS TRANSITION PERIOD, I ASK. 'It's about setting clear agreements, and a collaborative approach to the logistics of shared parenting,' says Woodward Thomas. Reassuringly, she tells me it's okay to 'let things go, to stop arguing about behaviours that bothered you in the relationship. It's over and you can afford to adopt a more generous approach to one another, even when you're still under the same roof'.

There are some suggestions in the book that, at first glance, seem a bit too LA for my taste: she recommends offering 'parting gifts' to one another (not of the new socks type, but acts of emotional and practical generosity – helping him move, for example). She also recommends separation vows. When I mention this to Ed, expecting a sneer, I'm shocked when he says he's already been thinking along those lines, was wondering if we should have a (private, made-up) ceremony where we make vows in front of the children.

I'm so relieved that Ed agrees, and so touched by his insight I start crying. 'All relationships are founded on mutual agreements and live or die by the quality of our capacity to keep to them,' says Woodward Thomas. 'Taking time to negotiate the best basis for a separated relationship is just as important, particularly where there are children involved.'

It's pretty hard to argue with that. Paltrow has been quoted as saying, 'When I was talking to grown-up friends of mine whose parents were divorced, there was a common theme, which was, "Now my parents are great, and they were both at my wedding, but there were five years when they didn't talk…" And I was like, "Can we just skip that?" Because I don't want to do that to my kids.'

Neither do I. I want to set them a positive, balanced view of relationships, with my ex and any future partners. I don't want them to be party to their parents sniping at, or about, each other. I really hope I can manage our split with decency and sensitivity. I'm going to be keeping Woodward Thomas' book by my bed for the forseeable. Wish me luck.

Conscious Uncoupling: 5 Steps To Living Happily Even After by Katherine Woodward Thomas (Yellow Kite, £14.99; out September 10th)

How to consciously uncouple

- Plan the new ground rules carefully, then stick to them. This builds trust and mutual respect.
- Anger and cutting words sow seeds of negativity, which will bear fruit in years to come. Feel angry? Say, 'I can't have this conversation now,' and leave.
- Foster goodwill and generosity by offering some flexibility in childcare.
- Write separation vows, eg: 'We promise not to speak ill of one another in front of the children' or: 'We will discourage friends from taking sides.'
- Say positive things about each other in front of the children: 'I'm so glad Daddy is your Daddy.'
- Treat each other's new homes (even if one of them is an old family home) as a guest.

Read an extract from *Conscious Uncoupling* by Katherine Woodward Thomas at REDONLINE.CO.UK

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FIGHTING **BREAST CANCER,** AS A SCIENTIST AND A *SURVIVOR*

When breast-cancer scientist Dr Beatrice Howard was diagnosed herself, she knew exactly what was to come. She shares her best advice

Photographs IAN HARRISON

Dr Beatrice Howard was finishing post-doctoral research in breast cancer when she was first diagnosed

When I found out I had breast cancer, aged 31, I had the same reaction that any woman would, whether she has a scientific background or not. I was shocked, devastated. I didn't see it coming.

Being young, I'd felt I had a lot of control over my life, my career. Suddenly I realised I had to deal with cancer, surgery, treatment. I probably did have a slightly better grasp of what laid ahead than most women; I knew it was going to take a lot of energy and time.

I'd moved to London three years previously and, when I got the diagnosis, I was finishing a project for my post-doctoral research in breast cancer at The Institute of Cancer Research. I asked myself, do I really want to carry on doing this? It would have been easier to say, I'm sick, I'm stopping. But I felt passionate about my work, that it was important research and it should be published. There had been a lot of investment – from society and me – into my training. And I wanted to prove I still had it in me.

I'm still at the institute, and currently my work looks at the very early 'primitive' immature breast cells, which form before birth and go on to form the different types of cells found in the mature breast. If we can identify unique features about certain cancer cell types, we should be able to go on to design specific targeted therapies or even therapies that would make some types of breast cancers go from being very aggressive to less aggressive.

> "The FIRST time I had breast cancer, I didn't TALK about it with many people... I was worried people would think I was WEAK"

The first time I had breast cancer, I didn't talk about it with many people. I had the operation to remove the cancer and a reconstruction using a muscle from my back, along with an implant, then hormone treatment. I thought there might be bias, in terms of job prospects. I was worried people would think I was weak, that I'd be seen as a risk for recurrence. It can feel like a cloud hanging over you, even though I work for an organisation that's obviously sympathetic.

I hadn't planned whether to have children or not; both Alfried, my husband of 20 years, and I felt a little ambiguous about it. Having cancer at an early age, then hormone treatment for five years, I realised it wasn't going to happen. But it's not something I regret. I have nieces and nephews and I'm happy with my life without children.

I became more open about breast cancer after I had a recurrence, aged 43, six years ago. Finding that out was tough. I thought I was done with cancer and the statistics for it coming back were so low. There wasn't a lot Alfried could say, just that he was there for me.

Recurrence is often very bad news, so we had to prepare for the worst. I had scans to check if the cancer had spread to my liver and bones. As we went to get the results at Guy's Hospital in London Bridge, we walked »

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'I tried not to let treatment get in the way of my routine,' says Dr Howard

past where they were digging the foundations for The Shard; that big hole summed up how my life felt right then.

When we found out the cancer hadn't spread, we were very, very relieved. I had six months of chemotherapy, then an eight-hour operation to remove the affected tissue and the old implant, with reconstructive surgery taking fat and skin from my bum, then five weeks of radiotherapy, more hormone therapy and Herceptin for a year.

It sounds hard, but I think cancer can be harder on the partner and family – they're all so worried. I just tried to keep going with normal life as much as I could, not dwell on being sick, not let treatment get in the way of my routine. It was good for both Alfried and I to feel our life wasn't consumed by cancer.

You can spend hours in the chemo ward each treatment, so you do bond with people. The doctors and nurses are great, there's a surprisingly convivial atmosphere. You share tips about how to cope with side effects: aloe vera for burns from radiation, shea butter for very dry skin. You can be *you*, as you don't have to explain yourself to people who are going through the same thing. There's some dark humour among cancer patients – it's one way of coping. Alfried would always come pick me up at the end and we'd walk along the South Bank.

After a few weeks of chemo, I noticed I had more hair coming out. It seems a silly thing to get hung up on but it was distressing, even though I knew it was going to happen. I put on a headscarf because I was going into the lab, and didn't want hair all over the place. I didn't wear a wig; looking after it seemed a waste of time – time I'd rather spend in the gym.

It is disconcerting, when having chemotherapy, to know it's throwing all sorts of toxic elements at your every cell. But you just want everything that can be done for you. Even though chemotherapy is harsh, if you look at survival curves it has benefits, particularly for premenopausal women. It's just they don't know which patients will benefit from it, although there are tests becoming available.

What helped me

- When I first got cancer, my boss told me to get a copy of my pathology report, so all my doctors could see immediately the particular features my cancer had. In fact, any time you have any type of test done, get a copy of the report.
- Getting outside. I always felt better after any physical activity, even when I felt very tired.
- Asking people to let others know. I asked certain people to pass on the news as I found telling people could be very draining. It's a shock and they may not know how to react.
- Taking along a partner or friend to the appointments where you are going to get important test results or discuss the treatment plan. It helps to have another set of ears.

I think it makes sense for anyone with cancer to eat a balanced, healthy diet. I've been a vegetarian since I was 15, and there have been a lot of studies that show a largely plant-based diet is the healthiest. I'm not extreme though; you have to do what you can keep up.

I'm sceptical about claims of curing cancer with diet, but I can understand people taking that route. I read a review of a book that was a blend of eastern and western medicine, by a doctor who had brain cancer, David Servan-Schreiber. I bought the book and I thought, wow, that's a lot of green tea. I don't know if his lifestyle sustained him – he lived with cancer for 20 years – but it's a study of one person, so it's not scientific.

I've always been very active, and I cycled to work and went to yoga when I could during treatment. I asked my teacher to tell everyone; one of the students, who is Thai, gave me a rose-quartz crystal, explaining that it's believed to have healing properties in her cultural tradition. I carried it around with me everywhere until I started worrying about losing it. I keep it on my bedside table now.

I started yoga 13 years ago, and it helped me to get over the imbalances I ended up with after the first surgery, and the stiffness I got from treatment this time. And it helped my mood. Illness and recovery is challenging; yoga helped me push myself and believe I could get through it. Now I do two hours of yoga every morning. I think of my yoga practice as a work in progress, which is a bit like life, really – you can always try a little harder.

Dr Howard works at Breast Cancer Now's research centre at The Institute of Cancer Research; breastcancernow.org

GET PINKY WITH *RED*

On October 23rd the *Red* team will be wearing pink to raise money for Breast Cancer Now (wearitpink.org). 'In 2050, the vision is breast cancer will no longer kill people. It's a great vision and a realistic one,' says Dr Howard. Tag us on Instagram @redmagazine with pictures of you wearing pink.

Find out about raising funds during Breast Cancer Awareness Month at REDONLINE.CO.UK

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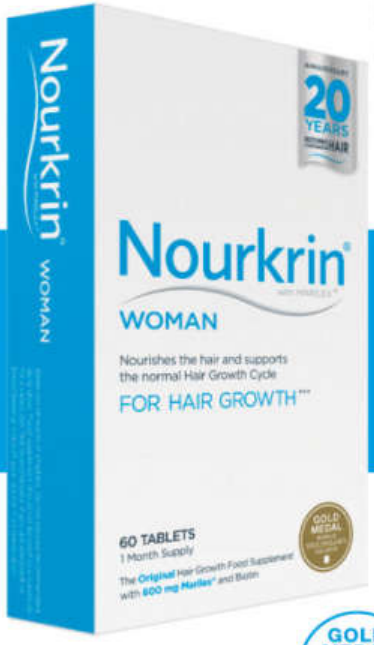

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WELLBEING

IS YOUR BODY **HUNGRY** *TO MOVE?*

Katy Bowman lives a chair-free life – and wants the rest of us to do the same. That's because we all need to move differently, she tells Brigid Moss

Illustration BARBARA DZIADOSZ

Did you get a twinge in your neck when you sat at your laptop, or in your arm when you picked up your phone? Are your headaches frequent enough to keep Nurofen in your bag? It could be your body telling you it's hungry for movement.

That's the theory of US biomechanist (body-movement specialist) Katy Bowman, who says her mission is to educate people 'so they can make better decisions about the way they move'. She describes herself as a 'total body nerd', although she doesn't look out of the ordinary for a 39-year-old mum of two: brown bob, friendly, open face.

That is, until you look more closely at her life: she has no TV, no sofa, she's cut the legs off her kitchen table. Her children, aged three and four, rarely wear shoes – even out hiking.

Bowman is leading a radical movement to change the way we move our bodies. The way you've been doing it so far, says Bowman, has built the body you have, even down to the shape of your bones. Moving in the right way can rebuild it as strong, flexible and, finally, fit for purpose.

But moving doesn't equal exercise, and it definitely doesn't mean the gym, she tells me when we Skype. It's about getting back to what we evolved to do – the movement equivalent of The Paleo Diet, if you like. Bowman starts the call sitting on the floor, cross-legged. 'It requires more energy to get down and up and I'm assuming a joint configuration that is challenging for me,' she says.

Her definition of moving is *all* of the movements of your body, from individual hair follicles forming goose bumps to your breasts moving as you walk. 'Which is why exercisers who spend an hour a day in the gym aren't doing enough,' she says, 'it's only 4% of the time. What are you doing the other 96% of the time?' I think, guiltily, I'm sitting on a chair or sofa, mostly. I'm officially sedentary.

> "It's about getting back to what we EVOLVED to do – the movement EQUIVALENT of The Paleo Diet"

As hunter-gatherers, writes Bowman in her new book, *Move Your DNA*, we walked, ran, squatted and lifted all day. Now we have chairs, smartphones, memory foam, maybe a cleaner, all of which reduce movement. Even our most basic human functions, such as finding a mate (Happn), finding food (Ocado) – you can now do from your sofa.com.

So are we naturally lazy? No, she says, 'It's your human nature for your entire physiology to work towards conserving energy.' But just as we're eating junk food, we don't move because we live in a junk environment.

Think of squatting, a position humans once used often. Squatting is good for digestion and going to the loo, says Bowman – but most of us are now too stiff/weak (first step: raise your feet when on the loo with a low stool).

Some changes Bowman advocates are harder to imagine doing than others: reducing bra wear, for example (bras stop supportive muscles developing, she says). In the book, Bowman describes first giving up her pillow, then her mattress, because their softness and flatness stop joints from moving naturally. 'Your pillow and mattress are subversive immobilising devices issued at birth,' she says.

But all of the above is for the advanced student. We, as beginners, she promises, will feel 'radically better' – just by moving better, often and with variety. 'For the sake of your health, for the sake of your life, start moving, right now.' »

THE BEGINNER'S BODY FIX

1 Break your chair habit

You've read the headlines: sitting is officially the new smoking, leading to an increased risk of weight gain, diabetes, even cancer. But you can't fix your sitting habit by swapping your office chair for a standing desk, Bowman tells me. 'It's being stationary so much of the time that kills,' she says. The minimum movement you need in the office? Every 30 minutes, take a two-minute walk.

Think of your spot on the sofa, the same office chair and car seat. These 'set' your body in a particular position, leaving you with chair-shaped sticky spots in your body. So when you stand, you're still in a chair-like position, neck craning, hips unwieldy.

Screen-sit for eight hours, she says, and the body is going to break down, no matter what position you pick. 'We're hyper-focused on ergonomics, trying to find the best way to be still. That's looking at the problem through the eyes of a sedentary culture,' says Bowman. 'Recognise that movement is required.'

Halfway through our 40-minute conversation, Bowman moves to sitting in a wide-legged V-stance. 'Just sit in different ways. The best position is the next one you're in.' You can sit with feet tucked under, knees up, knees crossed, to one side, one knee up, legs straight, legs bent to the sides. Or try Bowman's 'plane squat', which is sitting with knees up, feet on the chair.

In the ideal office of the future, you'll shift through seven or eight postures in a day, says Bowman, a 'dynamic workstation'. And that will include floor-sitting and standing desks. In the meantime, shift positions when you can, stand up more, have walking meetings – just don't get stuck in the same chair.

2 IMPROVE YOUR WALK

'Walking uses a greater number of muscles than most other activities so taking yourself for a walk is like taking your cells out to eat,' says Bowman. Vary the amount you do every day, and spread it out if you can: walking three separate miles a day is better than walking three miles at once. Walk to the shop to get milk, go out at lunch, etc. However, because of all your chair time, when you walk, you're not walking as you were designed to. These exercises are a good start towards improving your walk. Do them a few times a day.

THE CALF STRETCH

This will help you lengthen your stride and get more power into your walk. Hold for as long as you can, and do a few times a day. Step on to a rolled towel in front of you with a bare foot, placing the ball of your foot on top of the towel with your heel on the floor. Point your foot forward. Keep your body upright then step forward with the opposite foot. Step as far as you can, keeping your bottom, quad and jaw relaxed.

THE PELVIC LIFT

This activates your hip muscles, needed for pushing off when you walk. Barefoot, stand with both feet forward, ankles at pelvic width. Your weight should be over your heels, your knees fully extended. Place your right hand on your right hip and try to bring the right side of your pelvis to the floor. Your left foot should clear the ground.

3 MINIMISE YOUR SHOES

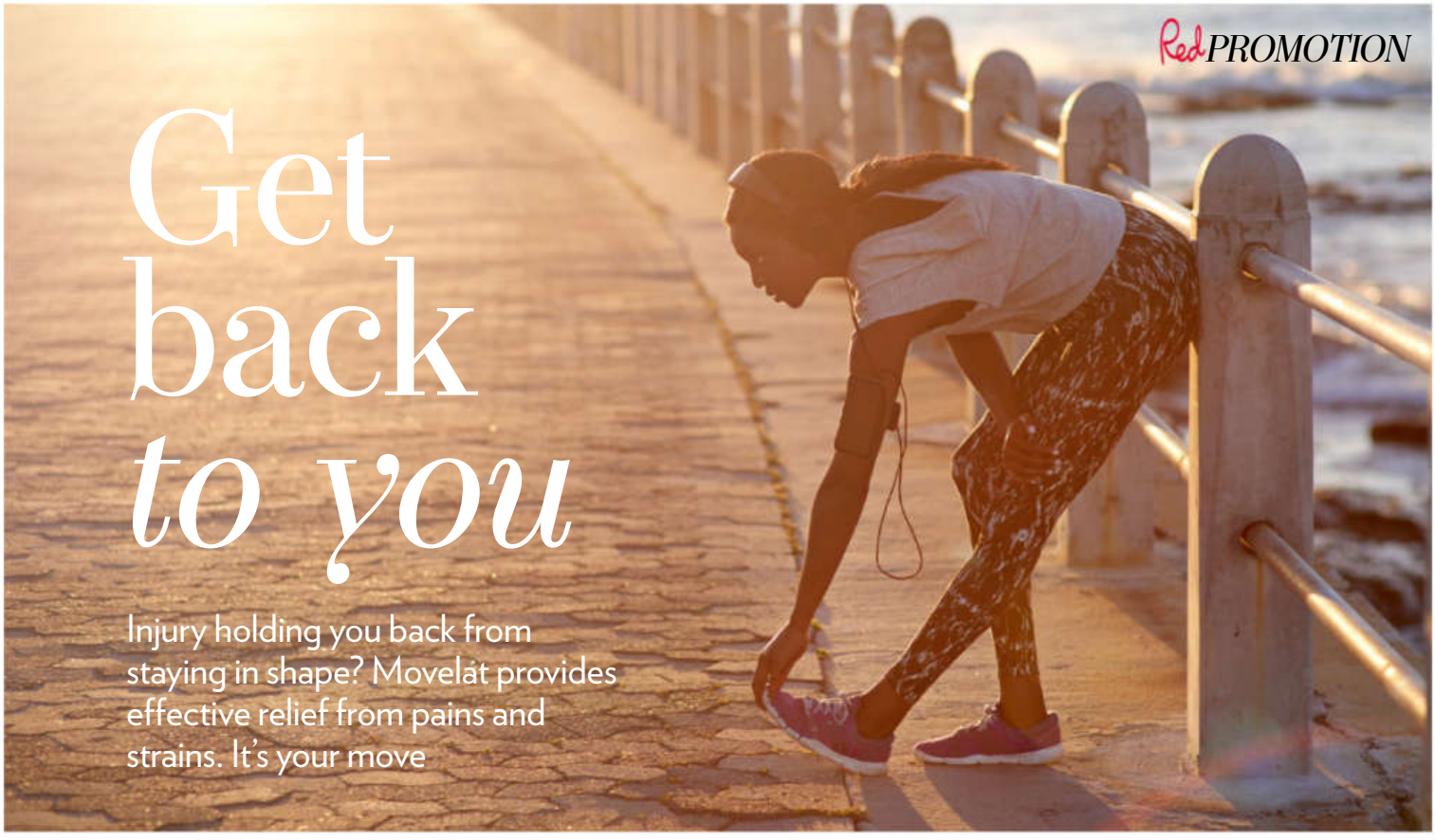
'I'm often surprised at women who are in the midst of dealing with debilitating foot pain,' says Bowman, 'yet getting rid of high heels will not happen. They tell me, "I'd rather have surgery or get shots in my foot."' Flats are way better than heels, she says, but even better are 'barefoot' shoes, and even better is actually walking barefoot. 'I spent less than three hours in shoes all week!' says one Bowman Twitter follower. Start by walking in barefoot shoes rather than running. Walk on natural surfaces rather than pavement if you can, as bumpy surfaces help feet get naturally strong and supple.

4 Mix up your moves

There's little point, says Bowman, doing the same workout on the same machines, every time. Look for more functional, natural types of movement – the ones where instead of doing push-ups, you crawl, or climb instead of lifting weights. Take every opportunity to move in different ways, all day, every day.

Move Your DNA: Restore Your Health Through Natural Movement by Katy Bowman (Lotus Publishing, £20.99). Visit katysays.com for podcasts and Bowman's DVD series, Aligned and Well

Find out more about how to walk well at REDONLINE.CO.UK



Get back *to you*

Injury holding you back from staying in shape? Movelat provides effective relief from pains and strains. It's your move

As we move into the colder months it's tempting to hide inside and forget all about fitness, but it's so important to stay active.

We all know eating the right foods and regular exercise can benefit our bodies, and there are more fitness choices at our fingertips than ever before, from yoga at the local community hall, to netball in the sports centre. But sometimes, the aches and pains that come with everyday life, especially during chillier spells, can leave us feeling unmotivated and deterred. A slump that is hard to get out of.

Movelat is a smart choice if you want to keep fit but are held back by stiffness or pain in your joints or muscles. Thanks to its unique dual-action formula, it delivers powerful and effective pain relief with a clinically proven anti-inflammatory. Easily absorbed, it gets to work beneath the surface of the skin so you can worry less about all those nags and more about jump-starting a healthier plan.

> 'Movelat's DUAL-ACTION formula delivers powerful, clinically proven PAIN relief which gets to work BENEATH the skin's surface'

Experts say one of the best ways to stay fit is to get social and make friends who have the same goals as you. Joining local sport teams and clubs may seem daunting but can be a great incentive. Movelat have teamed up with England Netball to promote women's fitness and help those who want to get back into sport. So, if you're struggling to pull your gym kit on because of strains or discomfort, ask your pharmacist for Movelat today.

CASE STUDY

Lydia tells us how she doesn't let pain spoil her game

Lydia, a self-confessed fitness addict, uses pain-relief gels to tackle pain in her calves: 'This allows me to play netball at my best and not let temporary discomfort hinder my performance.' She adds: 'Of course, pain relief is not a long-term solution and if I ever have a prolonged period of intense pain then I would always seek advice from a doctor before continuing to play.'

For muscular pain. Always read the label

Injury can not only affect your fitness, but other areas of your life, too. For a chance to win £200 worth of sports vouchers, tell us your story of how you 'Got Back To' exercise, sport, life, you! To enter visit **movelat.co.uk***

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ASK PHILIPPA

A reader says illicit sex gave her what she was missing. But this isn't the real issue, says *Red*'s agony aunt, psychotherapist Philippa Perry

Photograph CAMERON McNEE

Somewhat foolishly, I let myself sleep with a married man I hardly knew who'd been messaging me on Facebook behind my partner's back. The sex was amazing. We kept in contact, talking on the phone and texting all the time, which was very intense. But then he started to back off, saying it 'felt close to an affair'. We're still in contact and he says he wants to meet again, but never when. I can't message him now; we can only chat via a game app and only when he's at work.

My older, long-term partner has no idea I've been unfaithful. He's devoted to me, although our sex life has been almost nonexistent for more than two years. My mum died last year – she needed a lot of support during her illness – and my dad passed away the previous year. Sex with the married man felt like part of my new-found freedom. It gave me what I was missing. Is it wrong to want to stay in touch with the married man, maybe sleep with him again, and stay with my partner, too?
Anonymous, via email

Let's put aside the moralistic question of whether it's 'wrong' and explore why it felt right. I think what you were doing – and still want to do – is having what I call 'grief sex'. It's about trying to forget very real realities, namely that people who love and care for you have died, and will die. Sex is like renewal, it keeps you alive and in the moment, and that can give you the feeling that it wards off your own death, too. Losing both your parents brings home that life is finite. That kind of uncomfortable truth can disappear in the whirlwind of sexual fantasy and acting out.

Of course illicit sex is tempting, it's like a holiday from life. Lust can be so strong it pulls us away from security and safety, and makes us take risks with the hearts of those who are really there for us, who treasure us not just for the passing beauty of the body, but for our souls as well.

I don't think it sounds as though your married man is particularly interested in a repeat, so however tempting it may be, I don't think it will happen. And if it did happen regularly, be assured the ecstasy would fade as such ecstasy does.

I think your life would be more interesting and ultimately fulfilled, if you and your long-term partner were to talk about how to resurrect your sex life, or even talk about talking about sex. I think it would also bring you closer if you were to unpack with him your feelings about your parents dying.

I can't advise you on whether to tell him about your infidelity or not. It may be when we aren't as open with each other as we were in the beginning of a relationship, our bodies can sense this and sex can become more difficult. But of course, were he to lose trust in you completely, your relationship might become impossible.

The way you talk about freedom has me guessing that your parents were loving yet rule-bound. I imagine they thought more in terms of 'should' than 'want'. If you think of life's 'shoulds' as a 10 and the impulsive wants as zero, what you're aiming for is five. That is, enjoying the present, but not at the expense of the future.

I see your foray into 'amazing' sex with a married man a bit like an experiment with drugs. Drugs can make you feel fantastic, too, but do you really want to get hooked? An addiction can blot out feelings but it's never more than a temporary fix. It's no substitute for understanding your experience and learning to work through difficult emotions.

Try and get in touch with the feelings beneath your impulses. Have compassion for them and from that place you will find your compassion for yourself and your partner, which will help deepen your connection. You may want a psychotherapist to help you; find one at ukcp.org.uk.

WHAT DO YOU NEED TO ASK PHILIPPA?

Philippa would love to give you an answer to your problem, whether it's about life change, work/life balance or work issues, expectations or confidence, goals and ambitions, children or fertility, friends, frenemies, partners or relations. Email her in confidence at therapy@redmagazine.co.uk. You'll find all Philippa's past columns at Redonline.co.uk.

Make-up Lindsey Poole

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This month's ESSENTIALS

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STARS

Yasmin Boland reveals what's in store for you this month

Illustration SARAH TANAT-JONES

LIBRA

Sept 23rd-Oct 23rd

Your ruler Venus ends her reverse cycle now, so stop looking to the past when it comes to a love or money matter. Looking backwards obviously just holds us back. Spiritually and at home or regarding family, positive change is afoot!

SCORPIO *Oct 24th-Nov 22nd*
After all the hard work comes... some time-out. You might feel more like going out and having fun than you have done in a while. And if you have the energy, go for it. However, many a Scorpio is going to use October to wind down a bit. Don't worry, there'll be plenty more opportunities to party later.

SAGITTARIUS *Nov 23rd-Dec 21st*
No sooner does work-hard Saturn arrive in your sign than success planet Jupiter is triggered in your career zone. See the connection? It's a bit like the old saying, 'The harder I work, the luckier I get.' Even better, some of this hard work and luck could convert into higher self-esteem or cash now, too.

CAPRICORN *Dec 22nd-Jan 19th*
There is some good news for you this month. The planet Pluto – currently in your sign – has the power to help you overhaul your life, if that's what you would like. And this month, all that goes triple. Can you see how your life is being magically transformed? Slough off the old. Allow in the new.

AQUARIUS *Jan 20th-Feb 18th*
This is a mysterious time for you, or at least it can be. You can explore secrets, expose lies, broaden your sexual horizons, get to grips with what intimacy really means and expand your spiritual life, too. Meditation is the easiest key to seeing beyond the obvious and the everyday.

PISCES *Feb 19th-Mar 20th*
The good news is even if your working life is tough or you feel under a lot of pressure financially, your most important relationships appear to be in good shape. And if they're not in good shape at the start of the month, they should be by the end of it. This includes friendships and also, possibly, a romance.

ARIES *Mar 21st-Apr 19th*
You are one of the signs most able to transform your life in general, and your working life specifically, right now. So decide what you want to do and take action while you have the stars supporting you so brilliantly. Opportunity is knocking! For some, a promotion awaits.

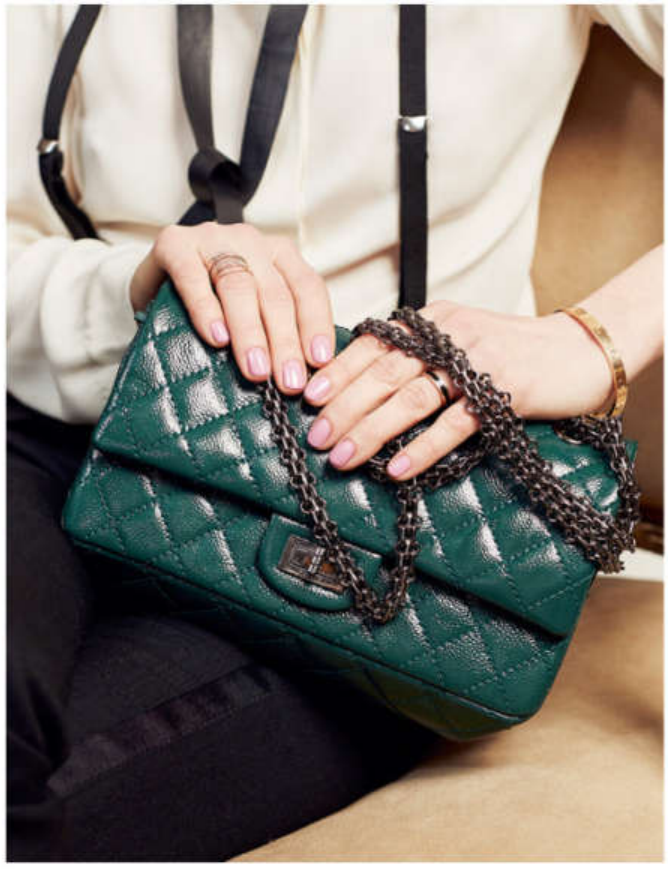
TAURUS *Apr 20th-May 20th*
So here you are, a month into your new life when you are supposed to have less issues with your partner or ex, and to feel less exhausted by life. How are you doing with it? If you have become at all 'addicted' to arguing with your beloved or any other VIPs in your life, undo that. Times have changed.

GEMINI *May 21st-June 21st*
There is a lot of potential in your chart right now. You have to be really careful you don't allow negative thoughts to get you down. They can be self-fulfilling! Nor should you let fear, overwork or anything else get ahold of you. Put some 'wellness routines' into place, as you begin a long and important two-year cycle.

CANCER *June 22nd-July 22nd*
Your love life could be transformed this month, and in a good way. Perhaps you're seeing your partner in a new light or vice versa. Single? Someone new could walk into your life now, or it might just be that you're finally well and truly over an ex, which is no small thing. Positive thinking is the key.

LEO *July 23rd-Aug 23rd*
So here endeth the reverse cycle of money planet Venus in your sign. And if you think that sounds like good news, you're right. If you've been left a bit up the proverbial money river without a cash paddle lately, that can turn around now. Ditto if your love life's been off the boil. Life truly should be improving!

VIRGO *Aug 24th-Sept 22nd*
This is one of those months when you'll be glad you're a Virgo. You're feeling creative, you're in the mood to flirt with your partner (or someone new if you're single) and, if you have kids, it's looking rosy with them, too. Okay, so life in October won't be perfect, but you have the makings of a great month.



AUDREY MARNAY

Her Chanel 2.55 bag will forever remind the French model of her country childhood and quirky grandmother

Photographs ALEX EDWARDS

I was raised in the French countryside, in the middle of forest and fields, near Chartres. Green has always been a favourite colour. To me, it represents hope and is a reminder to remember those close to you. This green Chanel 2.55 always reminds me of my paternal grandmother, Evett. Funnily enough, she hated green and considered it bad luck. Growing up it was a forbidden colour, which I was never allowed to wear. When I was a kid I would have to run outside to see the colour green because my grandmother refused to have anything green in the house. We weren't even allowed to bring her flowers as they had 'too much green in them'. It's no surprise that when she passed away, I became obsessed with green!

My grandmother had one special bag she used all the time – it was big and black and she probably had it made in Paris. This green 2.55 was a present from Chanel. I've been working for them for 18 years, since I started my modelling career on the catwalk at 17. I'm crazy about bags. Sometimes I stack bags within bags, a clutch within a bag and then a bigger bag inside a huge one. I don't think I'll ever stop loving green. I've got coats, shoes, scarves, sunglasses, nail varnishes and even eyeliners in green. My tattoo is also green. It's a symbol I designed that matches the tattoo on my husband's wrist. I'm a bit of a bag lady really, who is obsessed by green!

Interview Frances Wasem

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